

Limited services

Other operators' services

Connection with London Underground

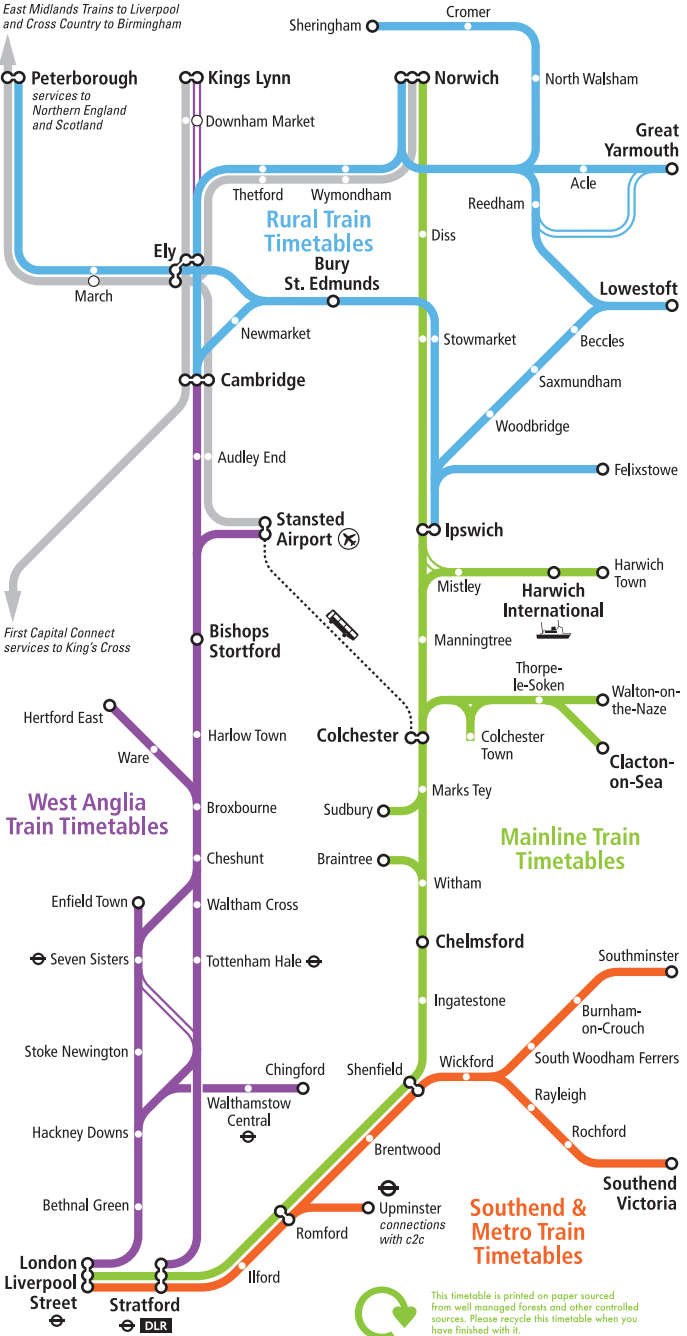
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*East Midlands Trains to Liverpool
and Cross Country to Birmingham*



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Shenfield to London Liverpool Street



Mondays to Fridays

c2c

| Shenfield | d | 0439 | | 0509 | 0524 | | 0529 | 0535 | 0544 | 0553 | 0555 | | |
|-----------------------------|---|------|------|------|------|------|------|------|------|------|------|------|------|
| Brentwood | d | 0442 | | 0512 | | | 0532 | | 0547 | | | | |
| Harold Wood | d | 0447 | | 0517 | | | 0537 | | 0552 | | | | |
| Gidea Park | d | 0451 | | 0521 | 0531 | | 0541 | | 0556 | | 0606 | | |
| Romford | d | 0453 | | 0523 | | | 0543 | | 0558 | | 0608 | | |
| Chadwell Heath | d | 0457 | | 0527 | | | 0547 | | 0602 | | 0612 | | |
| Goodmayes | d | 0459 | | 0529 | | | 0549 | | 0604 | | 0614 | | |
| Seven Kings | d | 0501 | | 0531 | 0536 | | 0551 | | 0606 | | 0616 | | |
| Ilford | d | 0504 | | 0509 | 0534 | | 0539 | 0554 | 0609 | | 0619 | | |
| Manor Park | d | | | 0511 | | | 0541 | 0557 | 0612 | | 0622 | | |
| Forest Gate | d | | | 0514 | | | 0544 | 0559 | 0614 | | 0624 | | |
| Maryland | d | | | 0516 | | | 0546 | 0601 | 0616 | | 0626 | | |
| Stratford DLR | d | 0510 | 0514 | 0518 | 0540 | 0542 | 0548 | 0604 | 0549 | 0619 | 0607 | 0610 | 0629 |
| London Liverpool St. | a | 0518 | 0527 | 0526 | 0548 | 0555 | 0556 | 0612 | 0558 | 0627 | 0616 | 0619 | 0637 |

| Shenfield | d | 0604 | 0614 | 0615 | 0624 | 0625 | 0634 | 0635 | 0641 | | 0644 | 0645 | 0652 |
|-----------------------------|---|------|------|------|------|------|------|------|-------|------|------|-------|-------|
| Brentwood | d | 0607 | 0617 | | 0627 | | 0637 | | | | 0647 | | |
| Harold Wood | d | 0612 | 0622 | | 0632 | | 0642 | | | | 0652 | | |
| Gidea Park | d | 0616 | 0626 | | 0636 | | 0646 | | | 0649 | 0656 | | |
| Romford | d | 0618 | 0628 | | 0638 | | 0648 | | | 0651 | 0658 | | |
| Chadwell Heath | d | 0622 | 0632 | | 0642 | | 0652 | | | 0655 | 0702 | | |
| Goodmayes | d | 0624 | 0634 | | 0644 | | | | | 0657 | | | |
| Seven Kings | d | 0626 | 0636 | | 0646 | | | | | 0659 | | | |
| Ilford | d | 0629 | 0639 | | 0649 | | 0657 | | | 0702 | 0707 | | |
| Manor Park | d | 0632 | 0642 | | 0652 | | | | | 0705 | | | |
| Forest Gate | d | 0634 | 0644 | | 0654 | | | | | 0707 | | | |
| Maryland | d | 0636 | 0646 | | 0656 | | | | | 0709 | | | |
| Stratford DLR | d | 0639 | 0649 | 0629 | 0659 | 0639 | 0703 | 0649 | 06s57 | 0712 | 0715 | 07s02 | 07s08 |
| London Liverpool St. | a | 0647 | 0657 | 0640 | 0707 | 0648 | 0713 | 0658 | 0709 | 0722 | 0725 | 0714 | 0720 |

| Shenfield | d | | 0654 | 0655 | 0701 | | 0704 | 0709 | | 0714 | 0715 | 0719 | 0725 |
|-----------------------------|---|------|------|-------|-------|------|------|-------|------|------|-------|-------|-------|
| Brentwood | d | | 0657 | | | | 0707 | | | 0717 | | | |
| Harold Wood | d | | 0702 | | | | 0712 | | | 0722 | | | |
| Gidea Park | d | 0659 | 0706 | | | 0709 | 0716 | | 0719 | 0726 | | | |
| Romford | d | 0701 | 0708 | | | 0711 | 0718 | | 0721 | 0728 | | | |
| Chadwell Heath | d | 0705 | 0712 | | | 0715 | 0722 | | 0725 | 0732 | | | |
| Goodmayes | d | 0707 | | | | 0717 | | | 0727 | 0734 | | | |
| Seven Kings | d | 0709 | | | | 0719 | | | 0729 | 0736 | | | |
| Ilford | d | 0712 | 0717 | | | 0722 | 0727 | | 0732 | 0739 | | | |
| Manor Park | d | 0715 | | | | 0725 | | | 0735 | | | | |
| Forest Gate | d | 0717 | | | | 0727 | | | 0737 | | | | |
| Maryland | d | 0719 | | | | 0729 | | | 0739 | | | | |
| Stratford DLR | d | 0722 | 0725 | 07s12 | 07s19 | 0732 | 0735 | 07s25 | 0742 | 0745 | 07s32 | 07s35 | 07s42 |
| London Liverpool St. | a | 0732 | 0735 | 0723 | 0730 | 0742 | 0745 | 0737 | 0752 | 0755 | 0743 | 0747 | 0753 |

Shenfield to London Liverpool Street



Mondays to Fridays

| | | 0 | | 0 | 0 | | 0 | 0 | | | | | |
|-----------------------------|---|------|------|------|------|-------|-------|------|------|-------|------|------|------|
| Shenfield | d | 0727 | 0732 | 0734 | 0739 | 0742 | | 0744 | 0747 | 0750 | | 0750 | |
| Brentwood | d | 0730 | | 0737 | | | | 0747 | | | | 0753 | |
| Harold Wood | d | 0735 | | 0742 | | | | 0752 | | | | 0758 | |
| Gidea Park | d | 0732 | 0739 | 0746 | | 0749 | 0756 | | | | 0759 | 0802 | |
| Romford | d | 0734 | 0741 | 0748 | | 0751 | 0758 | | | | 0801 | 0804 | |
| Chadwell Heath | d | 0738 | 0745 | 0752 | | 0755 | 0802 | | | | 0805 | 0808 | |
| Goodmayes | d | 0740 | 0747 | 0754 | | 0757 | 0804 | | | | 0807 | 0810 | |
| Seven Kings | d | 0742 | 0749 | 0756 | | 0759 | 0806 | | | | 0809 | 0812 | |
| Ilford | d | 0745 | 0752 | 0759 | | 0802 | 0809 | | | | 0812 | 0815 | |
| Manor Park | d | 0748 | | | | 0805 | | | | | | | |
| Forest Gate | d | 0750 | | | | 0807 | | | | | | | |
| Maryland | d | 0752 | | | | 0809 | | | | | | | |
| Stratford DLR | d | 0755 | 0758 | | 0805 | 07s55 | 07s58 | 0812 | 0815 | 08s04 | | 0818 | 0821 |
| London Liverpool St. | a | 0805 | 0808 | 0801 | 0815 | 0808 | 0810 | 0822 | 0825 | 0816 | 0819 | 0828 | 0831 |

| | | 0 | | 0 | 0 | 0 | | 0 | | | | | |
|-----------------------------|---|------|------|------|------|-------|-------|------|------|------|------|------|------|
| Shenfield | d | 0754 | 0757 | 0800 | 0801 | 0806 | 0809 | | 0810 | 0816 | | | |
| Brentwood | d | 0757 | | 0803 | | | | | 0813 | | | | |
| Harold Wood | d | 0802 | | 0808 | | | | | 0818 | | | | |
| Gidea Park | d | 0805 | 0809 | 0812 | | | 0815 | 0819 | 0822 | | | | |
| Romford | d | 0807 | 0811 | 0814 | | | 0817 | 0821 | 0824 | | | | |
| Chadwell Heath | d | 0811 | 0815 | 0818 | | | 0821 | 0825 | 0828 | | | | |
| Goodmayes | d | 0813 | 0817 | 0820 | | | 0823 | 0827 | 0830 | | | | |
| Seven Kings | d | 0815 | 0819 | 0822 | | | 0825 | 0829 | 0832 | | | | |
| Ilford | d | 0818 | 0822 | 0825 | | | 0828 | 0832 | 0835 | 0838 | | | |
| Manor Park | d | 0821 | | | | | 0831 | | | 0841 | | | |
| Forest Gate | d | 0823 | | | | | 0833 | | | 0843 | | | |
| Maryland | d | 0825 | | | | | 0835 | | | 0845 | | | |
| Stratford DLR | d | 0828 | 0831 | | 0834 | 08s17 | 08s23 | 0838 | 0841 | 0844 | 0848 | | |
| London Liverpool St. | a | 0838 | 0841 | 0825 | 0843 | 0829 | 0836 | 0838 | 0848 | 0851 | 0853 | 0845 | 0858 |

| | | 0 | 0 | 0 | 0 | | 0 | 0 | 0 | | | | |
|-----------------------------|---|------|------|-------|------|-------|-------|------|------|------|------|-------|-------|
| Shenfield | d | 0820 | 0821 | 0824 | 0827 | 0830 | | 0834 | 0836 | 0839 | 0844 | | |
| Brentwood | d | 0823 | | | | | | 0837 | | | | | |
| Harold Wood | d | 0828 | | | | | | 0842 | | | | | |
| Gidea Park | d | 0829 | 0832 | | | | 0839 | 0846 | | | | | |
| Romford | d | 0831 | 0834 | | | | 0841 | 0848 | | | 0853 | | |
| Chadwell Heath | d | 0835 | 0838 | | | | 0845 | 0852 | | | | | |
| Goodmayes | d | 0837 | 0840 | | | | 0847 | 0854 | | | | | |
| Seven Kings | d | 0839 | 0842 | | | | 0849 | 0856 | | | | | |
| Ilford | d | 0842 | 0845 | | | | 0848 | 0852 | 0859 | | | | |
| Manor Park | d | | | | | | 0851 | | | | | | |
| Forest Gate | d | | | | | | 0853 | | | | | | |
| Maryland | d | | | | | | 0855 | | | | | | |
| Stratford DLR | d | 0851 | 0854 | 08s38 | | 08s44 | 08s47 | 0858 | 0901 | 0905 | | 08s55 | 09s03 |
| London Liverpool St. | a | 0901 | 0903 | 0850 | 0854 | 0856 | 0859 | 0908 | 0911 | 0915 | 0903 | 0908 | 0914 |

Shenfield to London Liverpool Street



Mondays to Fridays

| | 0844 | 0851 | 0854 | 0855 | 0859 | 0904 | 0904 | 0914 | 0921 | 0924 | 0925 | | |
|-----------------------------|------|------|------|-------|------|------|-------|-------|------|------|-------|------|-------|
| Shenfield | d | | | | | | | | | | | | |
| Brentwood | d | 0847 | 0857 | | | | 0907 | 0917 | | 0927 | | | |
| Harold Wood | d | 0852 | 0902 | | | | 0912 | 0922 | | 0932 | | | |
| Gidea Park | d | 0856 | 0906 | | | | 0916 | 0926 | | 0936 | | | |
| Romford | d | 0858 | 0908 | | | | 0918 | 0928 | | 0938 | | | |
| Chadwell Heath | d | 0902 | 0912 | | | | 0922 | 0932 | | 0942 | | | |
| Goodmayes | d | 0904 | 0914 | | | | 0924 | 0934 | | 0944 | | | |
| Seven Kings | d | 0906 | 0916 | | | | 0926 | 0936 | | 0946 | | | |
| Ilford | d | 0902 | 0909 | 0919 | | | 0929 | 0939 | | 0949 | | | |
| Manor Park | d | 0905 | 0912 | 0922 | | | 0932 | 0942 | | 0952 | | | |
| Forest Gate | d | 0907 | 0914 | 0924 | | | 0934 | 0944 | | 0954 | | | |
| Maryland | d | 0909 | 0916 | 0926 | | | 0936 | 0946 | | 0956 | | | |
| Stratford DLR | d | 0912 | 0919 | 09s07 | 0929 | | 09s16 | 09s21 | 0939 | 0949 | 09s37 | 0959 | 09s41 |
| London Liverpool St. | a | 0922 | 0927 | 0919 | 0937 | 0921 | 0928 | 0932 | 0947 | 0957 | 0949 | 1007 | 0953 |

| | 0927 | 0934 | 0938 | 0944 | 0945 | 0951 | 0954 | 1004 | 1005 | 1008 | 1014 | 1020 | |
|-----------------------------|------|-------|------|------|------|------|------|------|------|------|------|------|------|
| Shenfield | d | | | | | | | | | | | | |
| Brentwood | d | 0937 | 0947 | | | | 0957 | 1007 | | | 1017 | | |
| Harold Wood | d | 0942 | 0952 | | | | 1002 | 1012 | | | 1022 | | |
| Gidea Park | d | 0946 | 0956 | | | | 1006 | 1016 | | | 1026 | | |
| Romford | d | 0948 | 0958 | 0953 | | | 1008 | 1018 | | | 1028 | 1028 | |
| Chadwell Heath | d | 0952 | 1002 | | | | 1012 | 1022 | | | 1032 | | |
| Goodmayes | d | 0954 | 1004 | | | | 1014 | 1024 | | | 1034 | | |
| Seven Kings | d | 0956 | 1006 | | | | 1016 | 1026 | | | 1036 | | |
| Ilford | d | 0959 | 1009 | | | | 1019 | 1029 | | | 1039 | | |
| Manor Park | d | 1002 | 1012 | | | | 1022 | 1032 | | | 1042 | | |
| Forest Gate | d | 1004 | 1014 | | | | 1024 | 1034 | | | 1044 | | |
| Maryland | d | 1006 | 1016 | | | | 1026 | 1036 | | | 1046 | | |
| Stratford DLR | d | 09s43 | 1009 | 0952 | 1019 | 1001 | 1005 | 1029 | 1039 | 1019 | 1022 | 1049 | 1036 |
| London Liverpool St. | a | 0955 | 1017 | 1001 | 1027 | 1010 | 1014 | 1037 | 1047 | 1028 | 1031 | 1057 | 1045 |

| | 1024 | 1025 | 1034 | 1038 | 1044 | 1045 | 1051 | 1054 | 1104 | 1604 | 1605 | |
|-----------------------------|------|------|------|------|------|------|------|------|------|-------|------|------|
| Shenfield | d | | | | | | | | | | | |
| Brentwood | d | 1027 | 1037 | | 1047 | | | 1057 | 1107 | | 1607 | |
| Harold Wood | d | 1032 | 1042 | | 1052 | | | 1102 | 1112 | | 1612 | |
| Gidea Park | d | 1036 | 1046 | | 1056 | | | 1106 | 1116 | then | 1616 | |
| Romford | d | 1038 | 1048 | | 1058 | 1053 | | 1108 | 1118 | at | 1618 | |
| Chadwell Heath | d | 1042 | 1052 | | 1102 | | | 1112 | 1122 | the | 1622 | |
| Goodmayes | d | 1044 | 1054 | | 1104 | | | 1114 | 1124 | same | 1624 | |
| Seven Kings | d | 1046 | 1056 | | 1106 | | | 1116 | 1126 | mins | 1626 | |
| Ilford | d | 1049 | 1059 | | 1109 | | | 1119 | 1129 | past | 1629 | |
| Manor Park | d | 1052 | 1102 | | 1112 | | | 1122 | 1132 | each | 1632 | |
| Forest Gate | d | 1054 | 1104 | | 1114 | | | 1124 | 1134 | hour | 1634 | |
| Maryland | d | 1056 | 1106 | | 1116 | | | 1126 | 1136 | until | 1636 | |
| Stratford DLR | d | 1059 | 1039 | 1109 | 1052 | 1119 | 1101 | 1105 | 1129 | 1139 | 1639 | 1619 |
| London Liverpool St. | a | 1107 | 1048 | 1117 | 1101 | 1127 | 1110 | 1114 | 1137 | 1147 | 1647 | 1629 |

Shenfield to London Liverpool Street



Mondays to Fridays

| | 1608 | 1614 | 1620 | 1624 | 1625 | 1634 | 1638 | 1644 | 1645 | 1651 | 1654 | 1704 | |
|-----------------------------|------|------|------|------|------|------|------|------|------|------|------|------|------|
| Shenfield | d | | | | | | | | | | | | |
| Brentwood | d | 1617 | | 1627 | | 1637 | | 1647 | | | 1657 | 1707 | |
| Harold Wood..... | d | 1622 | | 1632 | | 1642 | | 1652 | | | 1702 | 1712 | |
| Gidea Park..... | d | 1626 | | 1636 | | 1646 | | 1656 | | | 1706 | 1716 | |
| Romford..... | d | 1628 | | 1638 | | 1648 | | 1658 | | | 1708 | 1718 | |
| Chadwell Heath..... | d | 1632 | | 1642 | | 1652 | | 1702 | | | 1712 | 1722 | |
| Goodmayes..... | d | 1634 | | 1644 | | 1654 | | 1704 | | | 1714 | 1724 | |
| Seven Kings..... | d | 1636 | | 1646 | | 1656 | | 1706 | | | 1716 | 1726 | |
| Ilford..... | d | 1639 | | 1649 | | 1659 | | 1709 | | | 1719 | 1729 | |
| Manor Park..... | d | 1642 | | 1652 | | 1702 | | 1712 | | | 1722 | | |
| Forest Gate..... | d | 1644 | | 1654 | | 1704 | | 1714 | | | 1724 | | |
| Maryland..... | d | 1646 | | 1656 | | 1706 | | 1716 | | | 1726 | | |
| Stratford DLR | d | 1622 | 1649 | 1634 | 1659 | 1639 | 1709 | 1652 | 1719 | 1659 | 1705 | 1729 | 1735 |
| London Liverpool St. | a | 1631 | 1657 | 1644 | 1707 | 1648 | 1717 | 1703 | 1727 | 1713 | 1716 | 1737 | 1743 |

| | 1705 | 1708 | | 1714 | | 1722 | 1724 | 1725 | 1728 | | 1734 | 1738 | |
|-----------------------------|------|------|------|------|------|------|------|------|------|------|------|------|------|
| Shenfield | d | | | | | | | | | | | | |
| Brentwood | d | | | 1717 | | 1727 | | | | | 1737 | | |
| Harold Wood..... | d | | | 1722 | | 1732 | | | | | 1742 | | |
| Gidea Park..... | d | | 1722 | 1726 | 1732 | 1736 | | | | 1742 | 1746 | | |
| Romford..... | d | | 1724 | 1728 | 1734 | 1738 | | | | 1744 | 1748 | | |
| Chadwell Heath..... | d | | | 1732 | | 1742 | | | | | 1752 | | |
| Goodmayes..... | d | | | 1734 | | 1744 | | | | | 1754 | | |
| Seven Kings..... | d | | | 1736 | | 1746 | | | | | 1756 | | |
| Ilford..... | d | | 1732 | 1739 | 1742 | 1749 | | | | 1752 | 1759 | | |
| Manor Park..... | d | | 1735 | | 1745 | | | | | 1755 | | | |
| Forest Gate..... | d | | 1737 | | 1747 | | | | | 1757 | | | |
| Maryland..... | d | | 1739 | | 1749 | | | | | 1759 | | | |
| Stratford DLR | d | 1719 | 1722 | 1742 | 1745 | 1752 | 1736 | 1755 | 1739 | 1742 | 1802 | 1805 | 1752 |
| London Liverpool St. | a | 1729 | 1734 | 1750 | 1753 | 1800 | 1746 | 1803 | 1749 | 1753 | 1810 | 1813 | 1801 |

| | 1744 | 1745 | 1749 | 1751 | | 1754 | 1800 | | 1804 | 1808 | 1810 | | |
|-----------------------------|------|------|------|------|------|------|------|------|------|------|------|------|------|
| Shenfield | d | | | | | | | | | | | | |
| Brentwood | d | 1747 | | | | 1757 | | | 1807 | | | | |
| Harold Wood..... | d | 1752 | | | | 1802 | | | 1812 | | | | |
| Gidea Park..... | d | 1752 | 1756 | | | 1802 | 1806 | | 1812 | 1816 | | | |
| Romford..... | d | 1754 | 1758 | | | 1804 | 1808 | | 1814 | 1818 | | | |
| Chadwell Heath..... | d | | 1802 | | | | 1812 | | | 1822 | | | |
| Goodmayes..... | d | | 1804 | | | | 1814 | | | 1824 | | | |
| Seven Kings..... | d | | 1806 | | | | 1816 | | | 1826 | | | |
| Ilford..... | d | 1802 | 1809 | | | 1812 | 1819 | | 1822 | 1829 | | | |
| Manor Park..... | d | 1805 | | | | 1815 | | | 1825 | | | | |
| Forest Gate..... | d | 1807 | | | | 1817 | | | 1827 | | | | |
| Maryland..... | d | 1809 | | | | 1819 | | | 1829 | | | | |
| Stratford DLR | d | 1812 | 1815 | 1759 | 1808 | 1806 | 1822 | 1825 | 1814 | 1832 | 1835 | 1822 | 1825 |
| London Liverpool St. | a | 1820 | 1823 | 1811 | 1817 | 1815 | 1830 | 1833 | 1824 | 1840 | 1843 | 1831 | 1835 |

Shenfield to London Liverpool Street



Mondays to Fridays

| | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | | | |
|-----------------------------|---|------|------|------|------|------|------|------|------|------|------|------|------|
| Shenfield | d | 1814 | 1820 | 1824 | 1825 | 1827 | 1834 | 1838 | 1840 | 1844 | 1851 | | |
| Brentwood | d | 1817 | | 1827 | | | 1837 | | | 1847 | | | |
| Harold Wood..... | d | 1822 | | 1832 | | | 1842 | | | 1852 | | | |
| Gidea Park..... | d | 1822 | 1826 | 1832 | 1836 | | 1846 | | | 1856 | | | |
| Romford..... | d | 1824 | 1828 | 1828 | 1834 | 1838 | | 1848 | | 1858 | | | |
| Chadwell Heath..... | d | | 1832 | | | 1842 | | 1852 | | 1902 | | | |
| Goodmayes..... | d | | 1834 | | | 1844 | | 1854 | | 1904 | | | |
| Seven Kings..... | d | | 1836 | | | 1846 | | 1856 | | 1906 | | | |
| Ilford..... | d | 1832 | 1839 | | 1842 | 1849 | | 1859 | | 1909 | | | |
| Manor Park..... | d | 1835 | | | 1845 | 1852 | | 1902 | | 1912 | | | |
| Forest Gate..... | d | 1837 | | | 1847 | 1854 | | 1904 | | 1914 | | | |
| Maryland..... | d | 1839 | | | 1849 | 1856 | | 1906 | | 1916 | | | |
| Stratford DLR | d | 1842 | 1845 | 1836 | 1852 | 1859 | 1839 | 1842 | 1909 | 1852 | 1855 | 1919 | 1905 |
| London Liverpool St. | a | 1850 | 1853 | 1845 | 1900 | 1907 | 1848 | 1851 | 1917 | 1901 | 1904 | 1927 | 1914 |

| | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | | | |
|-----------------------------|---|------|------|------|------|------|------|------|------|------|------|------|------|
| Shenfield | d | 1854 | 1857 | 1904 | 1905 | 1908 | 1913 | 1914 | 1920 | 1924 | 1925 | 1934 | 1938 |
| Brentwood | d | 1857 | | 1907 | | | | 1917 | | 1927 | | 1937 | |
| Harold Wood..... | d | 1902 | | 1912 | | | | 1922 | | 1932 | | 1942 | |
| Gidea Park..... | d | 1906 | | 1916 | | | | 1926 | | 1936 | | 1946 | |
| Romford..... | d | 1908 | | 1918 | | | | 1928 | 1928 | 1938 | | 1948 | |
| Chadwell Heath..... | d | 1912 | | 1922 | | | | 1932 | | 1942 | | 1952 | |
| Goodmayes..... | d | 1914 | | 1924 | | | | 1934 | | 1944 | | 1954 | |
| Seven Kings..... | d | 1916 | | 1926 | | | | 1936 | | 1946 | | 1956 | |
| Ilford..... | d | 1919 | | 1929 | | | | 1939 | | 1949 | | 1959 | |
| Manor Park..... | d | 1922 | | 1932 | | | | 1942 | | 1952 | | 2002 | |
| Forest Gate..... | d | 1924 | | 1934 | | | | 1944 | | 1954 | | 2004 | |
| Maryland..... | d | 1926 | | 1936 | | | | 1946 | | 1956 | | 2006 | |
| Stratford DLR | d | 1929 | 1911 | 1939 | 1919 | 1922 | 1927 | 1949 | 1936 | 1959 | 1939 | 2009 | 1952 |
| London Liverpool St. | a | 1937 | 1920 | 1947 | 1928 | 1931 | 1936 | 1957 | 1945 | 2007 | 1948 | 2017 | 2001 |

c2c

| | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | | | | | |
|-----------------------------|---|------|------|------|------|------|------|------|------|------|------|------|------|
| Shenfield | d | 1944 | 1945 | 1951 | | 1954 | 2004 | 2005 | 2008 | 2014 | 2020 | 2024 | |
| Brentwood | d | 1947 | | | | 1957 | 2007 | | | 2017 | | 2027 | |
| Harold Wood..... | d | 1952 | | | | 2002 | 2012 | | | 2022 | | 2032 | |
| Gidea Park..... | d | 1956 | | | | 2006 | 2016 | | | 2026 | | 2036 | |
| Romford..... | d | 1958 | 1953 | | | 2008 | 2018 | | | 2028 | 2028 | 2038 | |
| Chadwell Heath..... | d | 2002 | | | | 2012 | 2022 | | | 2032 | | 2042 | |
| Goodmayes..... | d | 2004 | | | | 2014 | 2024 | | | 2034 | | 2044 | |
| Seven Kings..... | d | 2006 | | | | 2016 | 2026 | | | 2036 | | 2046 | |
| Ilford..... | d | 2009 | | | | 2019 | 2029 | | | 2039 | | 2049 | |
| Manor Park..... | d | 2012 | | | | 2022 | 2032 | | | 2042 | | 2052 | |
| Forest Gate..... | d | 2014 | | | | 2024 | 2034 | | | 2044 | | 2054 | |
| Maryland..... | d | 2016 | | | | 2026 | 2036 | | | 2046 | | 2056 | |
| Stratford DLR | d | 2019 | 2001 | 2005 | 2014 | 2029 | 2039 | 2019 | 2020 | 2022 | 2049 | 2036 | 2059 |
| London Liverpool St. | a | 2027 | 2010 | 2014 | 2023 | 2037 | 2047 | 2028 | 2033 | 2031 | 2057 | 2045 | 2107 |

Shenfield to London Liverpool Street



Mondays to Fridays

| | 1 | | 1 | | 1 | | c2c | |
|-----------------------------------|------|------|------|------|------|------|------|--|
| Shenfield d | 2314 | 2320 | 2329 | 2335 | 2339 | | 2344 | |
| Brentwood d | 2317 | | 2332 | | | | 2347 | |
| Harold Wood..... d | 2322 | | 2337 | | | | 2352 | |
| Gidea Park..... d | 2326 | | 2341 | | | | 2356 | |
| Romford..... d | 2328 | 2328 | 2343 | | 2347 | | 2358 | |
| Chadwell Heath..... d | 2332 | | 2347 | | | | 0002 | |
| Goodmayes..... d | 2334 | | 2349 | | | | 0004 | |
| Seven Kings..... d | 2336 | | 2351 | | | | 0006 | |
| Ilford..... d | 2339 | | 2354 | | | | 0009 | |
| Manor Park..... d | 2342 | | 2357 | | | | 0012 | |
| Forest Gate..... d | 2344 | | 2359 | | | | 0014 | |
| Maryland..... d | 2346 | | 0001 | | | | 0016 | |
| Stratford DLR d | 2349 | 2336 | 0004 | 2349 | 2356 | 2357 | 0019 | |
| London Liverpool St. ... a | 2357 | 2345 | 0012 | 2358 | 0005 | 0011 | 0027 | |



Shenfield to London Liverpool Street



Saturdays

| | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | |
|----------------------|--------|------|------|------|------|------|------|------|------|----------------|
| Shenfield | d 0439 | 0509 | 0524 | | 0535 | | 0544 | 0553 | 0605 | 0614 |
| Brentwood | d 0442 | 0512 | | | | | 0547 | | | 0617 |
| Harold Wood..... | d 0447 | 0517 | | | | | 0552 | | | 0622 |
| Gidea Park..... | d 0451 | 0521 | 0531 | | | | 0556 | | | 0616 0626 |
| Romford..... | d 0453 | 0523 | | | 0543 | | 0558 | | | 0618 0628 |
| Chadwell Heath..... | d 0457 | 0527 | | | | | 0602 | | | 0622 0632 |
| Goodmayes..... | d 0459 | 0529 | | | | | 0604 | | | 0624 0634 |
| Seven Kings..... | d 0501 | 0531 | 0536 | | | | 0606 | | | 0626 0636 |
| Ilford..... | d 0504 | 0509 | 0534 | | 0539 | | 0609 | | | 0629 0639 |
| Manor Park..... | d | 0511 | | | 0541 | | 0612 | | | 0632 0642 |
| Forest Gate..... | d | 0514 | | | 0544 | | 0614 | | | 0634 0644 |
| Maryland..... | d | 0516 | | | 0546 | | 0616 | | | 0636 0646 |
| Stratford | d 0510 | 0518 | 0540 | 0542 | 0548 | 0551 | 0605 | 0619 | 0607 | 0619 0639 0649 |
| London Liverpool St. | a 0518 | 0526 | 0548 | 0555 | 0556 | 0600 | 0614 | 0627 | 0616 | 0628 0647 0657 |

| | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | | |
|----------------------|--------|------|------|------|------|------|------|------|------|------|-----------|
| Shenfield | d 0624 | 0635 | 0644 | 0651 | | | 0704 | 0705 | 0708 | 0714 | 0720 |
| Brentwood | d | | | 0647 | | | 0707 | | | 0717 | |
| Harold Wood..... | d | | | 0652 | | | 0712 | | | 0722 | |
| Gidea Park..... | d | 0636 | 0646 | 0656 | | 0706 | 0716 | | | 0726 | |
| Romford..... | d | 0638 | 0643 | 0648 | 0658 | 0708 | 0718 | | | 0728 | 0728 |
| Chadwell Heath..... | d | 0642 | 0652 | 0702 | | 0712 | 0722 | | | 0732 | |
| Goodmayes..... | d | 0644 | 0654 | 0704 | | 0714 | 0724 | | | 0734 | |
| Seven Kings..... | d | 0646 | 0656 | 0706 | | 0716 | 0726 | | | 0736 | |
| Ilford..... | d | 0649 | 0659 | 0709 | | 0719 | 0729 | | | 0739 | |
| Manor Park..... | d | 0652 | 0702 | 0712 | | 0722 | 0732 | | | 0742 | |
| Forest Gate..... | d | 0654 | 0704 | 0714 | | 0724 | 0734 | | | 0744 | |
| Maryland..... | d | 0656 | 0706 | 0716 | | 0726 | 0736 | | | 0746 | |
| Stratford | d 0638 | 0659 | 0651 | 0709 | 0719 | 0705 | 0729 | 0739 | 0719 | 0722 | 0749 0736 |
| London Liverpool St. | a 0647 | 0707 | 0700 | 0717 | 0727 | 0714 | 0737 | 0747 | 0728 | 0731 | 0757 0745 |

| | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | | | |
|----------------------|--------|------|------|------|------|------|------|------|-------|------|-------|------|
| Shenfield | d 0724 | 0725 | 0734 | 0738 | 0744 | 0745 | 0751 | 0754 | | 2004 | 2005 | 2008 |
| Brentwood | d 0727 | | 0737 | | 0747 | | | 0757 | | 2007 | | |
| Harold Wood..... | d 0732 | | 0742 | | 0752 | | | 0802 | | 2012 | | |
| Gidea Park..... | d 0736 | | 0746 | | 0756 | | | 0806 | then | 2016 | | |
| Romford..... | d 0738 | | 0748 | | 0758 | 0753 | | 0808 | at | 2018 | | |
| Chadwell Heath..... | d 0742 | | 0752 | | 0802 | | | 0812 | the | 2022 | | |
| Goodmayes..... | d 0744 | | 0754 | | 0804 | | | 0814 | same | 2024 | | |
| Seven Kings..... | d 0746 | | 0756 | | 0806 | | | 0816 | mins | 2026 | | |
| Ilford..... | d 0749 | | 0759 | | 0809 | | | 0819 | past | 2029 | | |
| Manor Park..... | d 0752 | | 0802 | | 0812 | | | 0822 | each | 2032 | | |
| Forest Gate..... | d 0754 | | 0804 | | 0814 | | | 0824 | hour | 2034 | | |
| Maryland..... | d 0756 | | 0806 | | 0816 | | | 0826 | until | 2036 | | |
| Stratford | d 0759 | 0739 | 0809 | 0752 | 0819 | 0801 | 0805 | 0829 | | 2039 | 20s19 | 2022 |
| London Liverpool St. | a 0807 | 0748 | 0817 | 0801 | 0827 | 0810 | 0814 | 0837 | | 2047 | 2028 | 2031 |

| | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | | | |
|----------------------|--------|------|------|------|------|------|------|------|------|------|------|------|
| Shenfield | d 2014 | 2020 | 2024 | 2025 | 2034 | 2038 | 2044 | 2045 | 2051 | 2059 | 2105 | 2108 |
| Brentwood | d 2017 | | 2027 | | 2037 | | 2047 | | | 2102 | | |
| Harold Wood..... | d 2022 | | 2032 | | 2042 | | 2052 | | | 2107 | | |
| Gidea Park..... | d 2026 | | 2036 | | 2046 | | 2056 | | | 2111 | | |
| Romford..... | d 2028 | 2028 | 2038 | | 2048 | | 2058 | 2053 | | 2113 | | |
| Chadwell Heath..... | d 2032 | | 2042 | | 2052 | | 2102 | | | 2117 | | |
| Goodmayes..... | d 2034 | | 2044 | | 2054 | | 2104 | | | 2119 | | |
| Seven Kings..... | d 2036 | | 2046 | | 2056 | | 2106 | | | 2121 | | |
| Ilford..... | d 2039 | | 2049 | | 2059 | | 2109 | | | 2124 | | |
| Manor Park..... | d 2042 | | 2052 | | 2102 | | 2112 | | | 2127 | | |
| Forest Gate..... | d 2044 | | 2054 | | 2104 | | 2114 | | | 2129 | | |
| Maryland..... | d 2046 | | 2056 | | 2106 | | 2116 | | | 2131 | | |
| Stratford | d 2049 | 2036 | 2059 | 2039 | 2109 | 2052 | 2119 | 2101 | 2105 | 2134 | 2119 | 2122 |
| London Liverpool St. | a 2057 | 2045 | 2107 | 2048 | 2117 | 2101 | 2127 | 2110 | 2114 | 2142 | 2128 | 2131 |

Shenfield to London Liverpool Street



Saturdays

| | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | | | |
|-------------------------------------|------|------|------|------|------|------|------|------|------|------|------|------|
| Shenfield d | 2114 | 2120 | 2125 | 2129 | 2138 | 2144 | 2145 | 2151 | 2159 | 2205 | 2208 | 2214 |
| Brentwood d | 2117 | | | 2132 | | 2147 | | | 2202 | | | 2217 |
| Harold Wood..... d | 2122 | | | 2137 | | 2152 | | | 2207 | | | 2222 |
| Gidea Park..... d | 2126 | | | 2141 | | 2156 | | | 2211 | | | 2226 |
| Romford..... d | 2128 | 2128 | | 2143 | | 2158 | 2153 | | 2213 | | | 2228 |
| Chadwell Heath..... d | 2132 | | | 2147 | | 2202 | | | 2217 | | | 2232 |
| Goodmayes..... d | 2134 | | | 2149 | | 2204 | | | 2219 | | | 2234 |
| Seven Kings..... d | 2136 | | | 2151 | | 2206 | | | 2221 | | | 2236 |
| Ilford..... d | 2139 | | | 2154 | | 2209 | | | 2224 | | | 2239 |
| Manor Park..... d | 2142 | | | 2157 | | 2212 | | | 2227 | | | 2242 |
| Forest Gate..... d | 2144 | | | 2159 | | 2214 | | | 2229 | | | 2244 |
| Maryland..... d | 2146 | | | 2201 | | 2216 | | | 2231 | | | 2246 |
| Stratford DLR d | 2149 | 2136 | 2139 | 2204 | 2152 | 2219 | 2201 | 2205 | 2234 | 2219 | 2222 | 2249 |
| London Liverpool St. a | 2157 | 2145 | 2148 | 2212 | 2201 | 2227 | 2210 | 2214 | 2242 | 2228 | 2231 | 2257 |

| | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | | | |
|-------------------------------------|------|------|------|------|------|------|------|------|------|------|------|------|
| Shenfield d | 2220 | 2229 | 2235 | 2238 | 2244 | 2251 | | 2259 | 2305 | 2308 | 2314 | 2320 |
| Brentwood d | | 2232 | | | 2247 | | | 2302 | | | 2317 | |
| Harold Wood..... d | | 2237 | | | 2252 | | | 2307 | | | 2322 | |
| Gidea Park..... d | | 2241 | | | 2256 | | | 2311 | | | 2326 | |
| Romford..... d | 2228 | 2243 | | | 2258 | | | 2313 | | | 2328 | 2328 |
| Chadwell Heath..... d | | 2247 | | | 2302 | | | 2317 | | | 2332 | |
| Goodmayes..... d | | 2249 | | | 2304 | | | 2319 | | | 2334 | |
| Seven Kings..... d | | 2251 | | | 2306 | | | 2321 | | | 2336 | |
| Ilford..... d | | 2254 | | | 2309 | | | 2324 | | | 2339 | |
| Manor Park..... d | | 2257 | | | 2312 | | | 2327 | | | 2342 | |
| Forest Gate..... d | | 2259 | | | 2314 | | | 2329 | | | 2344 | |
| Maryland..... d | | 2301 | | | 2316 | | | 2331 | | | 2346 | |
| Stratford DLR d | 2236 | 2304 | 2249 | 2252 | 2319 | 2305 | 2305 | 2334 | 2319 | 2322 | 2349 | 2336 |
| London Liverpool St. a | 2246 | 2312 | 2258 | 2301 | 2327 | 2314 | 2317 | 2342 | 2328 | 2331 | 2357 | 2345 |

| | 1 | 1 | 1 | 1 |
|-------------------------------------|------|------|------|------|
| Shenfield d | 2329 | 2335 | 2339 | 2344 |
| Brentwood d | 2332 | | | 2347 |
| Harold Wood..... d | 2337 | | | 2352 |
| Gidea Park..... d | 2341 | | | 2356 |
| Romford..... d | 2343 | | 2347 | 2358 |
| Chadwell Heath..... d | 2347 | | | 0002 |
| Goodmayes..... d | 2349 | | | 0004 |
| Seven Kings..... d | 2351 | | | 0006 |
| Ilford..... d | 2354 | | | 0009 |
| Manor Park..... d | 2357 | | | 0012 |
| Forest Gate..... d | 2359 | | | 0014 |
| Maryland..... d | 0001 | | | 0016 |
| Stratford DLR d | 0004 | 2349 | 2356 | 0019 |
| London Liverpool St. a | 0012 | 2358 | 0005 | 0027 |

Shenfield to London Liverpool Street



Sundays

| | | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | | | | |
|----------------------|---|------|------|------|------|------|-------|------|------|------|-------|------|------|
| Shenfield | d | | 0643 | 0653 | | 0707 | 0713 | 0723 | | 0737 | 0743 | 0753 | |
| Brentwood | d | | 0646 | 0656 | | | 0716 | 0726 | | | 0746 | 0756 | |
| Harold Wood | d | | 0651 | 0701 | | | 0721 | 0731 | | | 0751 | 0801 | |
| Gidea Park | d | 0555 | 0625 | 0655 | 0705 | 0711 | | 0725 | 0735 | 0741 | | 0755 | 0805 |
| Romford | d | 0557 | 0627 | 0657 | 0707 | 0713 | | 0727 | 0737 | 0743 | | 0757 | 0807 |
| Chadwell Heath | d | 0601 | 0631 | 0701 | | 0717 | | 0731 | | 0747 | | 0801 | |
| Goodmayes | d | 0603 | 0633 | 0703 | | 0719 | | 0733 | | 0749 | | 0803 | |
| Seven Kings | d | 0605 | 0635 | 0705 | | 0721 | | 0735 | | 0751 | | 0805 | |
| Ilford | d | 0608 | 0638 | 0708 | | 0724 | | 0738 | | 0754 | | 0808 | |
| Manor Park | d | 0610 | 0640 | 0710 | | 0726 | | 0740 | | 0756 | | 0810 | |
| Forest Gate | d | 0612 | 0642 | 0712 | | 0728 | | 0742 | | 0758 | | 0812 | |
| Maryland | d | 0614 | 0644 | 0714 | | | | 0744 | | | | 0814 | |
| Stratford DLR | d | 0616 | 0646 | 0716 | 0719 | 0731 | 07s34 | 0746 | 0749 | 0801 | 08s04 | 0816 | 0819 |
| London Liverpool St. | a | 0626 | 0656 | 0726 | 0727 | 0741 | 0742 | 0756 | 0757 | 0811 | 0812 | 0826 | 0827 |

| | | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | | | | |
|----------------------|---|------|-------|------|-------|------|------|-------|------|------|------|-------|------|
| Shenfield | d | 0807 | 0813 | 0820 | 0823 | | 0841 | 0843 | 0853 | | 0911 | 0913 | |
| Brentwood | d | | 0816 | | 0826 | | | 0846 | 0856 | | | 0916 | |
| Harold Wood | d | | 0821 | | 0831 | | | 0851 | 0901 | | | 0921 | |
| Gidea Park | d | 0811 | | 0825 | | 0835 | 0841 | | 0855 | 0905 | 0911 | | 0925 |
| Romford | d | 0813 | | 0827 | | 0837 | 0843 | | 0857 | 0907 | 0913 | | 0927 |
| Chadwell Heath | d | 0817 | | 0831 | | | 0847 | | 0901 | | 0917 | | 0931 |
| Goodmayes | d | 0819 | | 0833 | | | 0849 | | 0903 | | 0919 | | 0933 |
| Seven Kings | d | 0821 | | 0835 | | | 0851 | | 0905 | | 0921 | | 0935 |
| Ilford | d | 0824 | | 0838 | | | 0854 | | 0908 | | 0924 | | 0938 |
| Manor Park | d | 0826 | | 0840 | | | 0856 | | 0910 | | 0926 | | 0940 |
| Forest Gate | d | 0828 | | 0842 | | | 0858 | | 0912 | | 0928 | | 0942 |
| Maryland | d | | | 0844 | | | | | 0914 | | | | 0944 |
| Stratford DLR | d | 0831 | 08s34 | 0846 | 08s49 | 0849 | 0901 | 09s04 | 0916 | 0919 | 0931 | 09s34 | 0946 |
| London Liverpool St. | a | 0841 | 0842 | 0856 | 0859 | 0859 | 0911 | 0912 | 0926 | 0929 | 0941 | 0942 | 0956 |

| | | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | | | | |
|----------------------|---|------|------|-------|------|------|------|-------|------|------|------|-------|------|
| Shenfield | d | 0923 | | 0941 | 0943 | 0953 | | 1011 | 1013 | 1023 | | 1041 | 1043 |
| Brentwood | d | 0926 | | | 0946 | 0956 | | | 1016 | 1026 | | | 1046 |
| Harold Wood | d | 0931 | | | 0951 | 1001 | | | 1021 | 1031 | | | 1051 |
| Gidea Park | d | 0935 | 0941 | | 0955 | 1005 | 1011 | | 1025 | 1035 | 1041 | | 1055 |
| Romford | d | 0937 | 0943 | | 0957 | 1007 | 1013 | | 1027 | 1037 | 1043 | | 1057 |
| Chadwell Heath | d | | 0947 | | 1001 | | 1017 | | 1031 | | 1047 | | 1101 |
| Goodmayes | d | | 0949 | | 1003 | | 1019 | | 1033 | | 1049 | | 1103 |
| Seven Kings | d | | 0951 | | 1005 | | 1021 | | 1035 | | 1051 | | 1105 |
| Ilford | d | | 0954 | | 1008 | | 1024 | | 1038 | | 1054 | | 1108 |
| Manor Park | d | | 0956 | | 1010 | | 1026 | | 1040 | | 1056 | | 1110 |
| Forest Gate | d | | 0958 | | 1012 | | 1028 | | 1042 | | 1058 | | 1112 |
| Maryland | d | | | | 1014 | | | | 1044 | | | | 1114 |
| Stratford DLR | d | 0949 | 1001 | 10s04 | 1016 | 1021 | 1031 | 10s34 | 1046 | 1049 | 1101 | 11s04 | 1116 |
| London Liverpool St. | a | 0959 | 1011 | 1012 | 1026 | 1031 | 1041 | 1042 | 1056 | 1059 | 1111 | 1112 | 1126 |

| | | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | | | | | |
|----------------------|---|------|-------|---|------|-------|------|------|------|-------|------|------|------|-------|
| Shenfield | d | 1053 | | | 1711 | 1713 | 1723 | | 1741 | 1743 | 1753 | | 1811 | |
| Brentwood | d | 1056 | | | | 1716 | 1726 | | | 1746 | 1756 | | | |
| Harold Wood | d | 1101 | | | | 1721 | 1731 | | | 1751 | 1801 | | | |
| Gidea Park | d | 1105 | then | | 1711 | | 1725 | 1735 | 1741 | | 1755 | 1805 | 1811 | |
| Romford | d | 1107 | at | | 1713 | | 1727 | 1737 | 1743 | | 1757 | 1807 | 1813 | |
| Chadwell Heath | d | | the | | 1717 | | 1731 | | 1747 | | 1801 | | 1817 | |
| Goodmayes | d | | same | | 1719 | | 1733 | | 1749 | | 1803 | | 1819 | |
| Seven Kings | d | | mins | | 1721 | | 1735 | | 1751 | | 1805 | | 1821 | |
| Ilford | d | | past | | 1724 | | 1738 | | 1754 | | 1808 | | 1824 | |
| Manor Park | d | | each | | 1726 | | 1740 | | 1756 | | 1810 | | 1826 | |
| Forest Gate | d | | hour | | 1728 | | 1742 | | 1758 | | 1812 | | 1828 | |
| Maryland | d | | until | | | | 1744 | | | | 1814 | | | |
| Stratford DLR | d | 1119 | | | 1731 | 17s34 | 1746 | 1749 | 1801 | 18s04 | 1816 | 1819 | 1831 | 18s34 |
| London Liverpool St. | a | 1129 | | | 1741 | 1742 | 1756 | 1759 | 1811 | 1812 | 1826 | 1831 | 1841 | 1842 |

Shenfield to London Liverpool Street



Sundays

| | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | | | |
|-----------------------------|---|------|------|------|-------|------|------|------|-------|------|------|------|-------|
| Shenfield | d | 1813 | 1823 | 1841 | 1843 | 1853 | 1911 | 1913 | 1923 | 1941 | | | |
| Brentwood | d | 1816 | 1826 | | 1846 | 1856 | | 1916 | 1926 | | | | |
| Harold Wood..... | d | 1821 | 1831 | | 1851 | 1901 | | 1921 | 1931 | | | | |
| Gidea Park..... | d | 1825 | 1835 | 1841 | 1855 | 1905 | 1911 | 1925 | 1935 | 1941 | | | |
| Romford..... | d | 1827 | 1837 | 1843 | 1857 | 1907 | 1913 | 1927 | 1937 | 1943 | | | |
| Chadwell Heath..... | d | 1831 | 1847 | | 1901 | 1917 | | 1931 | 1947 | | | | |
| Goodmayes..... | d | 1833 | 1849 | | 1903 | 1919 | | 1933 | 1949 | | | | |
| Seven Kings..... | d | 1835 | 1851 | | 1905 | 1921 | | 1935 | 1951 | | | | |
| Ilford..... | d | 1838 | 1854 | | 1908 | 1924 | | 1938 | 1954 | | | | |
| Manor Park..... | d | 1840 | 1856 | | 1910 | 1926 | | 1940 | 1956 | | | | |
| Forest Gate..... | d | 1842 | 1858 | | 1912 | 1928 | | 1942 | 1958 | | | | |
| Maryland..... | d | 1844 | | | 1914 | | | 1944 | | | | | |
| Stratford DLR | d | 1846 | 1849 | 1901 | 19s04 | 1916 | 1919 | 1931 | 19s34 | 1946 | 1949 | 2001 | 20s04 |
| London Liverpool St. | a | 1856 | 1859 | 1911 | 1912 | 1926 | 1929 | 1941 | 1942 | 1956 | 1959 | 2011 | 2012 |

| | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | | | |
|-----------------------------|---|------|------|------|-------|------|------|------|-------|------|------|------|-------|
| Shenfield | d | 1943 | 1953 | 2011 | 2013 | 2023 | 2041 | 2043 | 2053 | 2111 | | | |
| Brentwood | d | 1946 | 1956 | | 2016 | 2026 | | 2046 | 2056 | | | | |
| Harold Wood..... | d | 1951 | 2001 | | 2021 | 2031 | | 2051 | 2101 | | | | |
| Gidea Park..... | d | 1955 | 2005 | 2011 | 2025 | 2035 | 2041 | 2055 | 2105 | 2111 | | | |
| Romford..... | d | 1957 | 2007 | 2013 | 2027 | 2037 | 2043 | 2057 | 2107 | 2113 | | | |
| Chadwell Heath..... | d | 2001 | 2017 | | 2031 | 2047 | | 2101 | 2117 | | | | |
| Goodmayes..... | d | 2003 | 2019 | | 2033 | 2049 | | 2103 | 2119 | | | | |
| Seven Kings..... | d | 2005 | 2021 | | 2035 | 2051 | | 2105 | 2121 | | | | |
| Ilford..... | d | 2008 | 2024 | | 2038 | 2054 | | 2108 | 2124 | | | | |
| Manor Park..... | d | 2010 | 2026 | | 2040 | 2056 | | 2110 | 2126 | | | | |
| Forest Gate..... | d | 2012 | 2028 | | 2042 | 2058 | | 2112 | 2128 | | | | |
| Maryland..... | d | 2014 | | | 2044 | | | 2114 | | | | | |
| Stratford DLR | d | 2016 | 2019 | 2031 | 20s34 | 2046 | 2049 | 2101 | 21s04 | 2116 | 2119 | 2131 | 21s34 |
| London Liverpool St. | a | 2026 | 2029 | 2041 | 2042 | 2056 | 2059 | 2111 | 2112 | 2126 | 2129 | 2141 | 2142 |

| | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | | | |
|-----------------------------|---|------|------|-------|-------|------|------|-------|------|------|-------|------|------|
| Shenfield | d | 2113 | 2123 | 2126 | 2141 | 2143 | 2153 | 2211 | 2213 | 2223 | 2241 | 2243 | 2253 |
| Brentwood | d | 2116 | 2126 | | 2146 | 2156 | | 2216 | 2226 | | 2246 | 2256 | |
| Harold Wood..... | d | 2121 | 2131 | | 2151 | 2201 | | 2221 | 2231 | | 2251 | 2301 | |
| Gidea Park..... | d | 2125 | 2135 | | 2155 | 2205 | | 2225 | 2235 | | 2255 | 2305 | |
| Romford..... | d | 2127 | 2137 | | 2157 | 2207 | | 2227 | 2237 | | 2257 | 2307 | |
| Chadwell Heath..... | d | 2131 | | | 2201 | | | 2231 | | | 2301 | | |
| Goodmayes..... | d | 2133 | | | 2203 | | | 2233 | | | 2303 | | |
| Seven Kings..... | d | 2135 | | | 2205 | | | 2235 | | | 2305 | | |
| Ilford..... | d | 2138 | | | 2208 | | | 2238 | | | 2308 | | |
| Manor Park..... | d | 2140 | | | 2210 | | | 2240 | | | 2310 | | |
| Forest Gate..... | d | 2142 | | | 2212 | | | 2242 | | | 2312 | | |
| Maryland..... | d | 2144 | | | 2214 | | | 2244 | | | 2314 | | |
| Stratford DLR | d | 2146 | 2149 | 21s51 | 22s04 | 2216 | 2219 | 22s34 | 2246 | 2249 | 23s04 | 2316 | 2319 |
| London Liverpool St. | a | 2156 | 2159 | 2159 | 2212 | 2226 | 2229 | 2242 | 2256 | 2259 | 2312 | 2326 | 2331 |

| | 1 | 2 | 3 | 4 | 5 | |
|-----------------------------|---|------|-------|------|------|------|
| Shenfield | d | 2311 | 2313 | 2323 | 2343 | |
| Brentwood | d | | 2316 | 2326 | 2346 | |
| Harold Wood..... | d | | 2321 | 2331 | 2351 | |
| Gidea Park..... | d | | 2325 | 2335 | 2355 | |
| Romford..... | d | | 2327 | 2337 | 2357 | |
| Chadwell Heath..... | d | | 2331 | 0001 | | |
| Goodmayes..... | d | | 2333 | 0003 | | |
| Seven Kings..... | d | | 2335 | 0005 | | |
| Ilford..... | d | | 2338 | 0008 | | |
| Manor Park..... | d | | 2340 | 0010 | | |
| Forest Gate..... | d | | 2342 | 0012 | | |
| Maryland..... | d | | 2344 | 0014 | | |
| Stratford DLR | d | 2322 | 23s34 | 2346 | 2349 | 0016 |
| London Liverpool St. | a | 2336 | 2342 | 2356 | 2359 | 0026 |

London Liverpool Street to Shenfield



Mondays to Fridays

| | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | | | |
|-----------------------------|---|------|------|------|------|------|------|------|------|------|------|------|------|
| London Liverpool St. | d | 0523 | 0528 | 0537 | 0552 | 0555 | 0600 | 0602 | 0610 | 0612 | 0615 | 0620 | 0630 |
| Stratford DLR | d | 0530 | 0535 | 0544 | 0603 | 0602 | 0607 | 0609 | 0617 | 0619 | 0622 | 0627 | 0637 |
| Maryland..... | d | | | 0546 | | | 0609 | | 0619 | | | 0629 | 0639 |
| Forest Gate..... | d | | | 0548 | | | 0611 | | 0621 | | | 0631 | 0641 |
| Manor Park..... | d | | | 0550 | | | 0613 | | 0623 | | | 0633 | 0643 |
| Ilford..... | d | | 0540 | 0553 | | | 0616 | | 0626 | | | 0636 | 0646 |
| Seven Kings..... | d | | 0542 | 0555 | | | 0618 | | 0628 | | | 0638 | 0648 |
| Goodmayes..... | d | | | 0557 | | | 0620 | | 0630 | | | 0640 | 0650 |
| Chadwell Heath..... | d | | | 0559 | | | 0622 | | 0632 | | | 0642 | 0652 |
| Romford..... | d | 0538 | 0548 | 0603 | | | 0626 | | 0636 | | | 0646 | 0656 |
| Gidea Park..... | d | | 0551 | 0607 | | | 0630 | | 0640 | | | 0650 | 0700 |
| Harold Wood..... | d | | 0554 | 0610 | | | 0633 | | 0643 | | | 0653 | 0703 |
| Brentwood | d | | 0559 | 0614 | | | 0637 | | 0647 | | | 0657 | 0707 |
| Shenfield | a | 0547 | 0604 | 0620 | | 0618 | 0643 | 0624 | 0653 | 0635 | 0638 | 0703 | 0713 |

| | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | | |
|-----------------------------|---|------|------|------|------|------|------|------|------|------|------|------|------|
| London Liverpool St. | d | 0635 | 0638 | 0640 | 0648 | 0650 | 0655 | 0700 | 0702 | 0708 | 0710 | 0713 | 0718 |
| Stratford DLR | d | 0642 | 0645 | 0647 | 0655 | 0657 | 0702 | 0707 | 0709 | 0715 | 0717 | 0720 | 0725 |
| Maryland..... | d | | | 0649 | | 0659 | | 0709 | | | 0719 | | |
| Forest Gate..... | d | | | 0651 | | 0701 | | 0711 | | | 0721 | | |
| Manor Park..... | d | | | 0653 | | 0703 | | 0713 | | | 0723 | | |
| Ilford..... | d | | | 0656 | | 0706 | | 0716 | | | 0726 | | |
| Seven Kings..... | d | | | 0658 | | 0708 | | 0718 | | | 0728 | | |
| Goodmayes..... | d | | | 0700 | | 0710 | | 0720 | | | 0730 | | |
| Chadwell Heath..... | d | | | 0702 | | 0712 | | 0722 | | | 0732 | | |
| Romford..... | d | | | 0706 | | 0716 | | 0726 | | | 0736 | 0728 | |
| Gidea Park..... | d | | | 0710 | | 0720 | | 0730 | | | 0740 | | |
| Harold Wood..... | d | | | 0713 | | 0723 | | 0733 | | | 0743 | | |
| Brentwood | d | | | 0717 | | 0727 | | 0737 | | | 0747 | | |
| Shenfield | a | 0658 | 0700 | 0723 | 0711 | 0733 | 0718 | 0743 | 0724 | 0730 | 0753 | 0738 | 0740 |

| | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | | | |
|-----------------------------|---|------|------|------|------|------|------|------|------|------|------|------|------|
| London Liverpool St. | d | 0720 | 0730 | 0735 | 0738 | 0740 | 0748 | 0750 | 0755 | 0800 | 0802 | 0810 | 0814 |
| Stratford DLR | d | 0727 | 0737 | 0742 | 0745 | 0747 | 0755 | 0757 | 0802 | 0807 | 0809 | 0817 | 0822 |
| Maryland..... | d | 0729 | 0739 | | | 0749 | | 0759 | | 0809 | | 0819 | |
| Forest Gate..... | d | 0731 | 0741 | | | 0751 | | 0801 | | 0811 | | 0821 | |
| Manor Park..... | d | 0733 | 0743 | | | 0753 | | 0803 | | 0813 | | 0823 | |
| Ilford..... | d | 0736 | 0746 | | | 0756 | | 0806 | | 0816 | | 0826 | |
| Seven Kings..... | d | 0738 | 0748 | | | 0758 | | 0808 | | 0818 | | 0828 | |
| Goodmayes..... | d | 0740 | 0750 | | | 0800 | | 0810 | | 0820 | | 0830 | |
| Chadwell Heath..... | d | 0742 | 0752 | | | 0802 | | 0812 | | 0822 | | 0832 | |
| Romford..... | d | 0746 | 0756 | | | 0806 | | 0816 | | 0826 | | 0836 | |
| Gidea Park..... | d | 0750 | 0800 | | | 0810 | | 0820 | | 0830 | | 0840 | |
| Harold Wood..... | d | 0753 | 0803 | | | 0813 | | 0823 | | 0833 | | 0843 | |
| Brentwood | d | 0757 | 0807 | | | 0817 | | 0827 | | 0837 | | 0847 | |
| Shenfield | a | 0803 | 0813 | 0758 | 0800 | 0823 | 0810 | 0833 | 0818 | 0843 | 0824 | 0853 | 0839 |

London Liverpool Street to Shenfield



Mondays to Fridays

| | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | | |
|-----------------------------|---|------|------|------|------|------|------|------|------|------|------|------|------|
| London Liverpool St. | d | 0817 | 0820 | 0830 | 0832 | 0836 | 0840 | 0848 | 0850 | 0855 | 0900 | 0902 | 0910 |
| Stratford DLR | d | 0825 | 0827 | 0837 | 0842 | 0845 | 0847 | 0855 | 0857 | 0902 | 0907 | 0909 | 0917 |
| Maryland..... | d | | 0829 | 0839 | | | 0849 | | 0859 | | 0909 | | 0919 |
| Forest Gate..... | d | | 0831 | 0841 | | | 0851 | | 0901 | | 0911 | | 0921 |
| Manor Park..... | d | | 0833 | 0843 | | | 0853 | | 0903 | | 0913 | | 0923 |
| Ilford..... | d | | 0836 | 0846 | | | 0856 | | 0906 | | 0916 | | 0926 |
| Seven Kings..... | d | | 0838 | 0848 | | | 0858 | | 0908 | | 0918 | | 0928 |
| Goodmayes..... | d | | 0840 | 0850 | | | 0900 | | 0910 | | 0920 | | 0930 |
| Chadwell Heath..... | d | | 0842 | 0852 | | | 0902 | | 0912 | | 0922 | | 0932 |
| Romford..... | d | | 0846 | 0856 | | | 0906 | | 0916 | | 0926 | | 0936 |
| Gidea Park..... | d | | 0850 | 0900 | | | 0910 | | 0920 | | 0930 | | 0940 |
| Harold Wood..... | d | | 0853 | 0903 | | | 0913 | | 0923 | | 0933 | | 0943 |
| Brentwood | d | | 0857 | 0907 | | | 0917 | | 0927 | | 0937 | | 0947 |
| Shenfield | a | 0841 | 0903 | 0913 | 0859 | 0901 | 0923 | 0911 | 0933 | 0918 | 0943 | 0924 | 0953 |

| | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | | |
|-----------------------------|---|------|------|------|------|------|------|------|------|------|------|------|------|
| London Liverpool St. | d | 0913 | 0918 | 0920 | 0930 | 0935 | 0938 | 0940 | 0948 | 0950 | 0955 | 1000 | 1002 |
| Stratford DLR | d | 0921 | 0925 | 0927 | 0937 | 0942 | 0945 | 0947 | 0955 | 0957 | 1002 | 1007 | 1009 |
| Maryland..... | d | | | 0929 | 0939 | | | 0949 | | 0959 | | 1009 | |
| Forest Gate..... | d | | | 0931 | 0941 | | | 0951 | | 1001 | | 1011 | |
| Manor Park..... | d | | | 0933 | 0943 | | | 0953 | | 1003 | | 1013 | |
| Ilford..... | d | | | 0936 | 0946 | | | 0956 | | 1006 | | 1016 | |
| Seven Kings..... | d | | | 0938 | 0948 | | | 0958 | | 1008 | | 1018 | |
| Goodmayes..... | d | | | 0940 | 0950 | | | 1000 | | 1010 | | 1020 | |
| Chadwell Heath..... | d | | | 0942 | 0952 | | | 1002 | | 1012 | | 1022 | |
| Romford..... | d | | | 0946 | 0956 | | 0953 | 1006 | | 1016 | | 1026 | |
| Gidea Park..... | d | | | 0950 | 1000 | | | 1010 | | 1020 | | 1030 | |
| Harold Wood..... | d | | | 0953 | 1003 | | | 1013 | | 1023 | | 1033 | |
| Brentwood | d | | | 0957 | 1007 | | | 1017 | | 1027 | | 1037 | |
| Shenfield | a | 0938 | 0940 | 1003 | 1013 | 0958 | 1002 | 1023 | 1011 | 1033 | 1018 | 1043 | 1024 |

| | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | | | |
|-----------------------------|---|------|------|------|------|------|------|------|------|------|------|-------|
| London Liverpool St. | d | 1010 | 1013 | 1018 | 1020 | 1030 | 1035 | 1038 | 1040 | 1048 | 1050 | 1055 |
| Stratford DLR | d | 1017 | 1020 | 1025 | 1027 | 1037 | 1042 | 1045 | 1047 | 1055 | 1057 | 1102 |
| Maryland..... | d | 1019 | | | 1029 | 1039 | | | 1049 | | 1059 | |
| Forest Gate..... | d | 1021 | | | 1031 | 1041 | | | 1051 | | 1101 | then |
| Manor Park..... | d | 1023 | | | 1033 | 1043 | | | 1053 | | 1103 | at |
| Ilford..... | d | 1026 | | | 1036 | 1046 | | | 1056 | | 1106 | the |
| Seven Kings..... | d | 1028 | | | 1038 | 1048 | | | 1058 | | 1108 | same |
| Goodmayes..... | d | 1030 | | | 1040 | 1050 | | | 1100 | | 1110 | mins |
| Chadwell Heath..... | d | 1032 | | | 1042 | 1052 | | | 1102 | | 1112 | past |
| Romford..... | d | 1036 | 1028 | | 1046 | 1056 | | 1053 | 1106 | | 1116 | each |
| Gidea Park..... | d | 1040 | | | 1050 | 1100 | | | 1110 | | 1120 | hour |
| Harold Wood..... | d | 1043 | | | 1053 | 1103 | | | 1113 | | 1123 | until |
| Brentwood | d | 1047 | | | 1057 | 1107 | | | 1117 | | 1127 | |
| Shenfield | a | 1053 | 1038 | 1040 | 1103 | 1113 | 1058 | 1102 | 1123 | 1111 | 1133 | 1118 |

London Liverpool Street to Shenfield



Mondays to Fridays

| | 1500 | 1502 | 1510 | 1513 | 1518 | 1520 | 1530 | 1535 | 1538 | 1540 | 1548 | 1550 |
|-------------------------------|------|------|------|------|------|------|------|------|------|------|------|------|
| London Liverpool St. d | 1500 | 1502 | 1510 | 1513 | 1518 | 1520 | 1530 | 1535 | 1538 | 1540 | 1548 | 1550 |
| Stratford DLR d | 1507 | 1509 | 1517 | 1520 | 1525 | 1527 | 1537 | 1542 | 1545 | 1547 | 1555 | 1557 |
| Maryland..... d | 1509 | 1519 | | | | 1529 | 1539 | | | 1549 | | 1559 |
| Forest Gate..... d | 1511 | 1521 | | | | 1531 | 1541 | | | 1551 | | 1601 |
| Manor Park..... d | 1513 | 1523 | | | | 1533 | 1543 | | | 1553 | | 1603 |
| Ilford..... d | 1516 | 1526 | | | | 1536 | 1546 | | | 1556 | | 1606 |
| Seven Kings..... d | 1518 | 1528 | | | | 1538 | 1548 | | | 1558 | | 1608 |
| Goodmayes..... d | 1520 | 1530 | | | | 1540 | 1550 | | | 1600 | | 1610 |
| Chadwell Heath..... d | 1522 | 1532 | | | | 1542 | 1552 | | | 1602 | | 1612 |
| Romford..... d | 1526 | 1536 | 1528 | | | 1546 | 1556 | | 1553 | 1606 | | 1616 |
| Gidea Park..... d | 1530 | 1540 | | | | 1550 | 1600 | | | 1610 | | 1620 |
| Harold Wood..... d | 1533 | 1543 | | | | 1553 | 1603 | | | 1613 | | 1623 |
| Brentwood d | 1537 | 1547 | | | | 1557 | 1607 | | | 1617 | | 1627 |
| Shenfield a | 1543 | 1524 | 1553 | 1538 | 1540 | 1603 | 1613 | 1558 | 1602 | 1623 | 1611 | 1633 |

| | 1555 | 1600 | 1602 | 1610 | 1610 | 1614 | 1617 | 1620 | 1624 | 1630 | 1632 | 1634 |
|-------------------------------|------|------|------|------|------|------|------|------|------|------|------|------|
| London Liverpool St. d | 1555 | 1600 | 1602 | 1610 | 1610 | 1614 | 1617 | 1620 | 1624 | 1630 | 1632 | 1634 |
| Stratford DLR d | 1602 | 1607 | 1609 | 1617 | 1618 | 1622 | 1625 | 1627 | 1632 | 1637 | | 1642 |
| Maryland..... d | | 1609 | 1619 | | | | | 1629 | | 1639 | | |
| Forest Gate..... d | | 1611 | 1621 | | | | | 1631 | | 1641 | | |
| Manor Park..... d | | 1613 | 1623 | | | | | 1633 | | 1643 | | |
| Ilford..... d | | 1616 | 1626 | | | | | 1636 | | 1646 | | |
| Seven Kings..... d | | 1618 | 1628 | | | | | 1638 | | 1648 | | |
| Goodmayes..... d | | 1620 | 1630 | | | | | 1640 | | 1650 | | |
| Chadwell Heath..... d | | 1622 | 1632 | | | | | 1642 | | 1652 | | |
| Romford..... d | | 1626 | 1636 | | | | | 1646 | | 1656 | | |
| Gidea Park..... d | | 1630 | 1640 | | | | | 1650 | | 1700 | | |
| Harold Wood..... d | | 1633 | 1643 | | | | | 1653 | | 1703 | | |
| Brentwood d | | 1637 | 1647 | | | | | 1657 | | 1707 | | |
| Shenfield a | 1618 | 1643 | 1624 | 1653 | 1634 | | 1641 | 1703 | 1649 | 1713 | 1654 | 1658 |

| | 1638 | 1640 | 1647 | 1647 | 1650 | 1654 | 1657 | 1700 | 1702 | 1704 | 1707 | 1708 |
|-------------------------------|------|------|------|------|------|------|------|------|------|------|------|------|
| London Liverpool St. d | 1638 | 1640 | 1647 | 1647 | 1650 | 1654 | 1657 | 1700 | 1702 | 1704 | 1707 | 1708 |
| Stratford DLR d | 1645 | 1648 | 1654 | 1655 | 1657 | 1702 | 1704 | 1707 | 1710 | 1713 | 1714 | 1716 |
| Maryland..... d | 1647 | | | | 1659 | | | 1709 | | | | |
| Forest Gate..... d | 1649 | | | | 1701 | | | 1711 | | | | |
| Manor Park..... d | 1651 | | | | 1703 | | | 1713 | | | | |
| Ilford..... d | 1654 | 1700 | | | 1706 | | 1710 | 1716 | | | | 1720 |
| Seven Kings..... d | 1657 | 1702 | | | | | 1712 | | | | | 1722 |
| Goodmayes..... d | 1659 | 1704 | | | | | 1714 | | | | | 1724 |
| Chadwell Heath..... d | 1701 | 1706 | | 1710 | | | 1716 | 1720 | | | | 1726 |
| Romford..... d | 1705 | 1710 | | 1714 | | | 1720 | 1724 | | | | 1730 |
| Gidea Park..... d | 1710 | 1714 | | 1720 | | | 1724 | 1730 | | | | 1734 |
| Harold Wood..... d | | 1717 | | | | | 1727 | | | | | 1737 |
| Brentwood d | | 1721 | | | | | 1731 | | | | | 1741 |
| Shenfield a | | 1704 | 1729 | 1711 | | 1719 | 1739 | | 1726 | 1730 | | 1749 |

London Liverpool Street to Shenfield



Mondays to Fridays

| | 1710 | 1712 | 1715 | 1717 | 1718 | 1720 | 1720 | 1725 | 1727 | 1730 | 1732 | 1734 | |
|-----------------------------|------|------|------|------|------|------|------|------|------|------|------|------|------|
| London Liverpool St. | d | 1710 | 1712 | 1715 | 1717 | 1718 | 1720 | 1720 | 1725 | 1727 | 1730 | 1732 | 1734 |
| Stratford DLR | d | 1717 | 1720 | 1723 | 1724 | 1726 | | 1727 | 1734 | 1734 | 1737 | 1740 | 1743 |
| Maryland..... | d | 1719 | | | | | | 1729 | | | 1739 | | |
| Forest Gate..... | d | 1721 | | | | | | 1731 | | | 1741 | | |
| Manor Park..... | d | 1723 | | | | | | 1733 | | | 1743 | | |
| Ilford..... | d | 1726 | | | 1730 | | | 1736 | | 1740 | 1746 | | |
| Seven Kings..... | d | | | | 1732 | | | | | 1742 | | | |
| Goodmayes..... | d | | | | 1734 | | | | | 1744 | | | |
| Chadwell Heath..... | d | 1730 | | | 1736 | | | 1740 | | 1746 | 1750 | | |
| Romford..... | d | 1734 | | | 1740 | | | 1744 | | 1750 | 1754 | | |
| Gidea Park..... | d | 1740 | | | 1744 | | | 1750 | | 1754 | 1800 | | |
| Harold Wood..... | d | | | | 1747 | | | | | 1757 | | | |
| Brentwood | d | | | | 1751 | | | | | 1801 | | | |
| Shenfield | a | | | 1739 | 1759 | | 1745 | | 1751 | 1809 | | | 1759 |

| | 1736 | 1738 | 1739 | 1740 | 1742 | 1745 | 1746 | 1749 | 1752 | 1752 | 1754 | 1757 | |
|-----------------------------|------|------|------|------|------|------|------|------|------|------|------|------|------|
| London Liverpool St. | d | 1736 | 1738 | 1739 | 1740 | 1742 | 1745 | 1746 | 1749 | 1752 | 1754 | 1757 | |
| Stratford DLR | d | 1743 | 1746 | 1746 | | 1749 | 1753 | 1753 | 1756 | 1759 | 1800 | 1803 | 1804 |
| Maryland..... | d | 1745 | | | | | | 1755 | | | | | |
| Forest Gate..... | d | | | | 1752 | | | | | 1802 | | | |
| Manor Park..... | d | | | 1750 | | | | | 1800 | | | | |
| Ilford..... | d | 1750 | | 1753 | | 1756 | | 1800 | 1803 | 1806 | | | 1810 |
| Seven Kings..... | d | 1752 | | 1756 | | 1759 | | 1802 | 1806 | 1809 | | | 1812 |
| Goodmayes..... | d | 1754 | | 1758 | | 1801 | | 1804 | 1808 | 1811 | | | 1814 |
| Chadwell Heath..... | d | 1756 | | 1800 | | 1803 | | 1806 | 1810 | 1813 | | | 1816 |
| Romford..... | d | 1800 | | 1804 | | 1807 | | 1810 | 1814 | 1817 | | | 1820 |
| Gidea Park..... | d | 1804 | | 1809 | | 1812 | | 1814 | 1818 | 1822 | | | 1824 |
| Harold Wood..... | d | 1807 | | | | | | 1817 | 1821 | | | | 1827 |
| Brentwood | d | 1811 | | | | | | 1821 | 1825 | | | | 1831 |
| Shenfield | a | 1819 | | | 1805 | | 1809 | 1829 | 1833 | | | 1819 | 1839 |

| | 1758 | 1800 | 1800 | 1805 | 1807 | 1810 | 1812 | 1814 | 1817 | 1818 | 1820 | 1820 |
|-----------------------------|------|------|------|------|------|------|------|------|------|------|------|------|
| London Liverpool St. | d | 1758 | 1800 | 1800 | 1805 | 1807 | 1810 | 1812 | 1814 | 1817 | 1818 | 1820 |
| Stratford DLR | d | 1806 | | 1807 | 1814 | 1814 | 1817 | 1820 | 1823 | 1824 | 1826 | 1827 |
| Maryland..... | d | | | 1809 | | | 1819 | | | | | 1829 |
| Forest Gate..... | d | | | 1811 | | | 1821 | | | | | 1831 |
| Manor Park..... | d | | | 1813 | | | 1823 | | | | | 1833 |
| Ilford..... | d | | | 1816 | | 1820 | 1826 | | | 1830 | | 1836 |
| Seven Kings..... | d | | | | | 1822 | | | | 1832 | | |
| Goodmayes..... | d | | | | | 1824 | | | | 1834 | | |
| Chadwell Heath..... | d | | | 1820 | | 1826 | 1830 | | | 1836 | | 1840 |
| Romford..... | d | | | 1824 | | 1830 | 1834 | | | 1840 | | 1844 |
| Gidea Park..... | d | | | 1830 | | 1834 | 1840 | | | 1844 | | 1850 |
| Harold Wood..... | d | | | | | 1837 | | | | 1847 | | |
| Brentwood | d | | | | | 1841 | | | | 1851 | | |
| Shenfield | a | | 1825 | | 1831 | 1849 | | 1840 | 1859 | | 1845 | |

London Liverpool Street to Shenfield



Mondays to Fridays

| | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | |
|-----------------------------|---|------|------|------|------|------|------|------|------|------|------|------|------|
| London Liverpool St. | d | 1825 | 1827 | 1830 | 1832 | 1835 | 1837 | 1838 | 1840 | 1841 | 1845 | 1847 | 1848 |
| Stratford DLR | d | 1833 | 1834 | 1837 | 1840 | 1843 | 1844 | 1846 | 1847 | 1849 | 1853 | 1854 | 1856 |
| Maryland..... | d | | | 1839 | | | | | 1849 | | | | |
| Forest Gate..... | d | | | 1841 | | | | | 1851 | | | | |
| Manor Park..... | d | | | 1843 | | | | | 1853 | | | | |
| Ilford..... | d | | 1840 | 1846 | | | 1850 | | 1856 | | | | 1900 |
| Seven Kings..... | d | | 1842 | | | | 1852 | | | | | | 1902 |
| Goodmayes..... | d | | 1844 | | | | 1854 | | | | | | 1904 |
| Chadwell Heath..... | d | | 1846 | 1850 | | | 1856 | | 1900 | | | | 1906 |
| Romford..... | d | | 1850 | 1854 | | | 1900 | | 1904 | | | | 1910 |
| Gidea Park..... | d | | 1854 | 1900 | | | 1904 | | 1908 | | | | 1914 |
| Harold Wood..... | d | | 1857 | | | | 1907 | | 1911 | | | | 1917 |
| Brentwood | d | | 1901 | | | | 1911 | | 1915 | | | | 1921 |
| Shenfield | a | 1850 | 1909 | | | 1859 | 1919 | 1902 | 1923 | | 1909 | | 1929 |

| | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | |
|-----------------------------|---|------|------|------|------|------|------|------|------|------|------|------|------|
| London Liverpool St. | d | 1850 | 1855 | 1857 | 1900 | 1902 | 1908 | 1910 | 1915 | 1918 | 1920 | 1930 | 1935 |
| Stratford DLR | d | 1857 | 1903 | 1904 | 1907 | 1909 | 1915 | 1917 | 1922 | 1925 | 1927 | 1937 | 1942 |
| Maryland..... | d | 1859 | | | 1909 | | | 1919 | | | 1929 | 1939 | |
| Forest Gate..... | d | 1901 | | | 1911 | | | 1921 | | | 1931 | 1941 | |
| Manor Park..... | d | 1903 | | | 1913 | | | 1923 | | | 1933 | 1943 | |
| Ilford..... | d | 1906 | | 1910 | 1916 | | | 1926 | | | 1936 | 1946 | |
| Seven Kings..... | d | | | 1912 | 1918 | | | 1928 | | | 1938 | 1948 | |
| Goodmayes..... | d | | | 1914 | 1920 | | | 1930 | | | 1940 | 1950 | |
| Chadwell Heath..... | d | 1910 | | 1916 | 1922 | | | 1932 | | | 1942 | 1952 | |
| Romford..... | d | 1914 | | 1920 | 1926 | | | 1936 | | | 1946 | 1956 | |
| Gidea Park..... | d | 1920 | | 1924 | 1930 | | | 1940 | | | 1950 | 2000 | |
| Harold Wood..... | d | | | 1927 | 1933 | | | 1943 | | | 1953 | 2003 | |
| Brentwood | d | | | 1931 | 1937 | | | 1947 | | | 1957 | 2007 | |
| Shenfield | a | | 1920 | 1939 | 1943 | 1924 | | 1953 | 1938 | 1940 | 2003 | 2013 | 1958 |

| | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | |
|-----------------------------|---|------|------|------|------|------|------|------|------|------|------|------|------|
| London Liverpool St. | d | 1938 | 1940 | 1948 | 1950 | 1955 | 2000 | 2002 | 2010 | 2013 | 2018 | 2020 | 2030 |
| Stratford DLR | d | 1945 | 1947 | 1955 | 1957 | 2002 | 2007 | 2009 | 2017 | 2020 | 2025 | 2027 | 2037 |
| Maryland..... | d | | 1949 | | 1959 | | 2009 | | 2019 | | | 2029 | 2039 |
| Forest Gate..... | d | | 1951 | | 2001 | | 2011 | | 2021 | | | 2031 | 2041 |
| Manor Park..... | d | | 1953 | | 2003 | | 2013 | | 2023 | | | 2033 | 2043 |
| Ilford..... | d | | 1956 | | 2006 | | 2016 | | 2026 | | | 2036 | 2046 |
| Seven Kings..... | d | | 1958 | | 2008 | | 2018 | | 2028 | | | 2038 | 2048 |
| Goodmayes..... | d | | 2000 | | 2010 | | 2020 | | 2030 | | | 2040 | 2050 |
| Chadwell Heath..... | d | | 2002 | | 2012 | | 2022 | | 2032 | | | 2042 | 2052 |
| Romford..... | d | | 2006 | | 2016 | | 2026 | | 2036 | 2028 | | 2046 | 2056 |
| Gidea Park..... | d | | 2010 | | 2020 | | 2030 | | 2040 | | | 2050 | 2100 |
| Harold Wood..... | d | | 2013 | | 2023 | | 2033 | | 2043 | | | 2053 | 2103 |
| Brentwood | d | | 2017 | | 2027 | | 2037 | | 2047 | | | 2057 | 2107 |
| Shenfield | a | 2000 | 2023 | 2011 | 2033 | 2018 | 2043 | 2024 | 2053 | 2038 | 2040 | 2103 | 2113 |

London Liverpool Street to Shenfield



Mondays to Fridays

| | c2c | | | | | | | | | | | | |
|-----------------------------|-----|------|------|------|------|------|------|------|------|------|------|------|------|
| | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | |
| London Liverpool St. | d | 2035 | 2035 | 2038 | 2040 | 2048 | 2050 | 2055 | 2100 | 2102 | 2110 | 2113 | 2118 |
| Stratford DLR | d | 2042 | 2042 | 2045 | 2047 | 2055 | 2057 | 2102 | 2107 | 2109 | 2117 | 2120 | 2125 |
| Maryland..... | d | | | | 2049 | | 2059 | | 2109 | | 2119 | | |
| Forest Gate..... | d | | | | 2051 | | 2101 | | 2111 | | 2121 | | |
| Manor Park..... | d | | | | 2053 | | 2103 | | 2113 | | 2123 | | |
| Ilford..... | d | | | | 2056 | | 2106 | | 2116 | | 2126 | | |
| Seven Kings..... | d | | | | 2058 | | 2108 | | 2118 | | 2128 | | |
| Goodmayes..... | d | | | | 2100 | | 2110 | | 2120 | | 2130 | | |
| Chadwell Heath..... | d | | | | 2102 | | 2112 | | 2122 | | 2132 | | |
| Romford..... | d | | | 2053 | 2106 | | 2116 | | 2126 | | 2136 | 2128 | |
| Gidea Park..... | d | | | | 2110 | | 2120 | | 2130 | | 2140 | | |
| Harold Wood..... | d | | | | 2113 | | 2123 | | 2133 | | 2143 | | |
| Brentwood | d | | | | 2117 | | 2127 | | 2137 | | 2147 | | |
| Shenfield | a | 2058 | | 2102 | 2123 | 2111 | 2133 | 2118 | 2143 | 2124 | 2153 | 2138 | 2140 |

| | c2c | | | | | | | | | | | | |
|-----------------------------|-----|------|------|------|------|------|------|------|------|------|------|------|------|
| | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | |
| London Liverpool St. | d | 2120 | 2130 | 2135 | 2135 | 2138 | 2140 | 2148 | 2150 | 2155 | 2202 | 2205 | 2213 |
| Stratford DLR | d | 2127 | 2137 | 2142 | 2142 | 2145 | 2147 | 2155 | 2157 | 2202 | 2209 | 2212 | 2220 |
| Maryland..... | d | 2129 | 2139 | | | | 2149 | | 2159 | | | 2214 | |
| Forest Gate..... | d | 2131 | 2141 | | | | 2151 | | 2201 | | | 2216 | |
| Manor Park..... | d | 2133 | 2143 | | | | 2153 | | 2203 | | | 2218 | |
| Ilford..... | d | 2136 | 2146 | | | | 2156 | | 2206 | | | 2221 | |
| Seven Kings..... | d | 2138 | 2148 | | | | 2158 | | 2208 | | | 2223 | |
| Goodmayes..... | d | 2140 | 2150 | | | | 2200 | | 2210 | | | 2225 | |
| Chadwell Heath..... | d | 2142 | 2152 | | | | 2202 | | 2212 | | | 2227 | |
| Romford..... | d | 2146 | 2156 | | | 2153 | 2206 | | 2216 | | | 2231 | 2228 |
| Gidea Park..... | d | 2150 | 2200 | | | | 2210 | | 2220 | | | 2235 | |
| Harold Wood..... | d | 2153 | 2203 | | | | 2213 | | 2223 | | | 2238 | |
| Brentwood | d | 2157 | 2207 | | | | 2217 | | 2227 | | | 2242 | |
| Shenfield | a | 2203 | 2213 | 2158 | | 2202 | 2223 | 2211 | 2233 | 2218 | 2224 | 2248 | 2238 |

| | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | | | | |
|-----------------------------|---|------|------|------|------|------|------|------|------|------|------|------|------|
| London Liverpool St. | d | 2218 | 2220 | 2235 | 2238 | 2245 | 2250 | 2302 | 2305 | 2315 | 2318 | 2320 | 2335 |
| Stratford DLR | d | 2225 | 2227 | 2242 | 2245 | 2252 | 2257 | 2309 | 2312 | 2322 | 2325 | 2327 | 2342 |
| Maryland..... | d | | 2229 | 2244 | | | 2259 | | 2314 | | | 2329 | 2344 |
| Forest Gate..... | d | | 2231 | 2246 | | | 2301 | | 2316 | | | 2331 | 2346 |
| Manor Park..... | d | | 2233 | 2248 | | | 2303 | | 2318 | | | 2333 | 2348 |
| Ilford..... | d | | 2236 | 2251 | | | 2306 | | 2321 | | | 2336 | 2351 |
| Seven Kings..... | d | | 2238 | 2253 | | | 2308 | | 2323 | | | 2338 | 2353 |
| Goodmayes..... | d | | 2240 | 2255 | | | 2310 | | 2325 | | | 2340 | 2355 |
| Chadwell Heath..... | d | | 2242 | 2257 | | | 2312 | | 2327 | | | 2342 | 2357 |
| Romford..... | d | | 2246 | 2301 | | | 2316 | | 2331 | | | 2346 | 0002 |
| Gidea Park..... | d | | 2250 | 2305 | | | 2320 | | 2335 | | | 2350 | 0005 |
| Harold Wood..... | d | | 2253 | 2308 | | | 2323 | | 2338 | | | 2353 | 0008 |
| Brentwood | d | | 2257 | 2312 | | | 2327 | | 2342 | | | 2357 | 0012 |
| Shenfield | a | 2240 | 2303 | 2318 | 2300 | 2308 | 2333 | 2324 | 2348 | 2338 | 2340 | 0003 | 0018 |

London Liverpool Street to Shenfield



Mondays to Fridays

| | 0 | 0 | | 0 | 0 | | 0 | 0 | | 0 | 0 |
|-------------------------------|------|------|------|------|------|------|------|------|------|------|------|
| London Liverpool St. d | 2345 | 2348 | 2350 | 0001 | 0015 | 0018 | 0020 | 0032 | 0046 | 0050 | 0055 |
| Stratford d | 2352 | 2355 | 2357 | 0008 | 0022 | 0025 | 0027 | 0039 | 0053 | 0057 | 0102 |
| Maryland..... d | | | 2359 | 0010 | | | 0029 | 0041 | | | 0104 |
| Forest Gate..... d | | | 0001 | 0012 | | | 0031 | 0043 | | | 0106 |
| Manor Park..... d | | | 0003 | 0014 | | | 0033 | 0045 | | | 0108 |
| Ilford..... d | | | 0006 | 0017 | | | 0036 | 0048 | | | 0111 |
| Seven Kings..... d | | | 0008 | 0019 | | | 0038 | 0050 | | | 0113 |
| Goodmayes..... d | | | 0010 | 0021 | | | 0040 | 0052 | | | 0115 |
| Chadwell Heath..... d | | | 0012 | 0023 | | | 0042 | 0054 | | | 0117 |
| Romford..... d | | | 0016 | 0027 | 0032 | | 0046 | 0058 | | 0108 | 0121 |
| Gidea Park..... d | | | 0020 | 0031 | | | 0050 | 0102 | 0107 | | 0125 |
| Harold Wood..... d | | | 0023 | | | | 0053 | | | | 0128 |
| Brentwood d | | | 0027 | | | | 0057 | | | | 0132 |
| Shenfield a | 0008 | 0010 | 0033 | | 0044 | 0047 | 0103 | | 0117 | 0120 | 0138 |

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London Liverpool Street to Shenfield



Saturdays

| | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 0 | |
|-------------------------------|------|------|------|------|------|------|------|------|------|------|------|------|
| London Liverpool St. d | 0523 | 0528 | 0528 | 0530 | 0540 | 0602 | 0605 | 0610 | 0618 | 0623 | 0635 | 0638 |
| Stratford DRL d | 0533 | 0535 | 0537 | 0537 | 0547 | 0609 | 0612 | 0617 | 0625 | 0633 | 0642 | 0645 |
| Maryland..... d | | | | | 0549 | | | 0619 | | | | |
| Forest Gate..... d | | | | | 0551 | | | 0621 | | | | |
| Manor Park..... d | | | | | 0553 | | | 0623 | | | | |
| Ilford..... d | | 0540 | | | 0556 | | | 0626 | | | | |
| Seven Kings..... d | | 0542 | | | 0558 | | | 0628 | | | | |
| Goodmayes..... d | | | | | 0600 | | | 0630 | | | | |
| Chadwell Heath..... d | | | | | 0602 | | | 0632 | | | | |
| Romford..... d | | 0548 | | 0545 | 0606 | | | 0636 | | | | 0653 |
| Gidea Park..... d | | 0551 | | | 0610 | | | 0640 | | | | |
| Harold Wood..... d | | 0554 | | | 0613 | | | 0643 | | | | |
| Brentwood d | | 0559 | | | 0617 | | | 0647 | | | | |
| Shenfield a | | 0604 | | 0554 | 0623 | 0624 | 0630 | 0653 | 0640 | | 0658 | 0702 |

| | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 0 | |
|-------------------------------|------|------|------|------|------|------|------|------|------|------|------|------|
| London Liverpool St. d | 0640 | 0648 | 0655 | 0700 | 0702 | 0710 | 0713 | 0718 | 0720 | 0730 | 0735 | 0738 |
| Stratford DRL d | 0647 | 0655 | 0702 | 0707 | 0709 | 0717 | 0720 | 0725 | 0727 | 0737 | 0742 | 0745 |
| Maryland..... d | 0649 | | | 0709 | | 0719 | | | 0729 | 0739 | | |
| Forest Gate..... d | 0651 | | | 0711 | | 0721 | | | 0731 | 0741 | | |
| Manor Park..... d | 0653 | | | 0713 | | 0723 | | | 0733 | 0743 | | |
| Ilford..... d | 0656 | | | 0716 | | 0726 | | | 0736 | 0746 | | |
| Seven Kings..... d | 0658 | | | 0718 | | 0728 | | | 0738 | 0748 | | |
| Goodmayes..... d | 0700 | | | 0720 | | 0730 | | | 0740 | 0750 | | |
| Chadwell Heath..... d | 0702 | | | 0722 | | 0732 | | | 0742 | 0752 | | |
| Romford..... d | 0706 | | | 0726 | | 0736 | 0728 | | 0746 | 0756 | | 0753 |
| Gidea Park..... d | 0710 | | | 0730 | | 0740 | | | 0750 | 0800 | | |
| Harold Wood..... d | 0713 | | | 0733 | | 0743 | | | 0753 | 0803 | | |
| Brentwood d | 0717 | | | 0737 | | 0747 | | | 0757 | 0807 | | |
| Shenfield a | 0723 | 0711 | 0718 | 0743 | 0724 | 0753 | 0738 | 0740 | 0803 | 0813 | 0758 | 0802 |

| | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 0 | |
|-------------------------------|------|------|------|------|-------|------|------|------|------|------|------|------|
| London Liverpool St. d | 0740 | 0748 | 0750 | 0755 | | 2000 | 2002 | 2010 | 2013 | 2018 | 2020 | 2030 |
| Stratford DRL d | 0747 | 0755 | 0757 | 0802 | | 2007 | 2009 | 2017 | 2020 | 2025 | 2027 | 2037 |
| Maryland..... d | 0749 | | 0759 | | | 2009 | | 2019 | | | 2029 | 2039 |
| Forest Gate..... d | 0751 | | 0801 | | then | 2011 | | 2021 | | | 2031 | 2041 |
| Manor Park..... d | 0753 | | 0803 | | at | 2013 | | 2023 | | | 2033 | 2043 |
| Ilford..... d | 0756 | | 0806 | | the | 2016 | | 2026 | | | 2036 | 2046 |
| Seven Kings..... d | 0758 | | 0808 | | same | 2018 | | 2028 | | | 2038 | 2048 |
| Goodmayes..... d | 0800 | | 0810 | | mins | 2020 | | 2030 | | | 2040 | 2050 |
| Chadwell Heath..... d | 0802 | | 0812 | | past | 2022 | | 2032 | | | 2042 | 2052 |
| Romford..... d | 0806 | | 0816 | | each | 2026 | | 2036 | 2028 | | 2046 | 2056 |
| Gidea Park..... d | 0810 | | 0820 | | hour | 2030 | | 2040 | | | 2050 | 2100 |
| Harold Wood..... d | 0813 | | 0823 | | until | 2033 | | 2043 | | | 2053 | 2103 |
| Brentwood d | 0817 | | 0827 | | | 2037 | | 2047 | | | 2057 | 2107 |
| Shenfield a | 0823 | 0811 | 0833 | 0818 | | 2043 | 2024 | 2053 | 2038 | 2040 | 2103 | 2113 |

| | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 0 | |
|-------------------------------|------|------|------|------|------|------|------|------|------|------|------|------|
| London Liverpool St. d | 2035 | 2038 | 2040 | 2048 | 2050 | 2055 | 2102 | 2105 | 2113 | 2118 | 2120 | 2135 |
| Stratford DRL d | 2042 | 2045 | 2047 | 2055 | 2057 | 2102 | 2109 | 2112 | 2120 | 2125 | 2127 | 2142 |
| Maryland..... d | | | 2049 | | 2059 | | | 2114 | | | 2129 | |
| Forest Gate..... d | | | 2051 | | 2101 | | | 2116 | | | 2131 | |
| Manor Park..... d | | | 2053 | | 2103 | | | 2118 | | | 2133 | |
| Ilford..... d | | | 2056 | | 2106 | | | 2121 | | | 2136 | |
| Seven Kings..... d | | | 2058 | | 2108 | | | 2123 | | | 2138 | |
| Goodmayes..... d | | | 2100 | | 2110 | | | 2125 | | | 2140 | |
| Chadwell Heath..... d | | | 2102 | | 2112 | | | 2127 | | | 2142 | |
| Romford..... d | | 2053 | 2106 | | 2116 | | | 2131 | 2128 | | 2146 | |
| Gidea Park..... d | | | 2110 | | 2120 | | | 2135 | | | 2150 | |
| Harold Wood..... d | | | 2113 | | 2123 | | | 2138 | | | 2153 | |
| Brentwood d | | | 2117 | | 2127 | | | 2142 | | | 2157 | |
| Shenfield a | 2058 | 2102 | 2123 | 2111 | 2133 | 2118 | 2124 | 2148 | 2138 | 2140 | 2203 | 2157 |

London Liverpool Street to Shenfield



Saturdays

| | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | | |
|-------------------------------|------|------|------|------|------|------|------|------|------|------|------|------|
| London Liverpool St. d | 2135 | 2138 | 2148 | 2150 | 2155 | 2202 | 2205 | 2213 | 2218 | 2220 | 2235 | 2238 |
| Stratford DLR d | 2142 | 2145 | 2155 | 2157 | 2202 | 2209 | 2212 | 2220 | 2225 | 2227 | 2242 | 2245 |
| Maryland..... d | 2144 | | | 2159 | | | 2214 | | | 2229 | 2244 | |
| Forest Gate..... d | 2146 | | | 2201 | | | 2216 | | | 2231 | 2246 | |
| Manor Park..... d | 2148 | | | 2203 | | | 2218 | | | 2233 | 2248 | |
| Ilford..... d | 2151 | | | 2206 | | | 2221 | | | 2236 | 2251 | |
| Seven Kings..... d | 2153 | | | 2208 | | | 2223 | | | 2238 | 2253 | |
| Goodmayes..... d | 2155 | | | 2210 | | | 2225 | | | 2240 | 2255 | |
| Chadwell Heath..... d | 2157 | | | 2212 | | | 2227 | | | 2242 | 2257 | |
| Romford..... d | 2201 | 2153 | | 2216 | | | 2231 | 2228 | | 2246 | 2301 | 2253 |
| Gidea Park..... d | 2205 | | | 2220 | | | 2235 | | | 2250 | 2305 | |
| Harold Wood..... d | 2208 | | | 2223 | | | 2238 | | | 2253 | 2308 | |
| Brentwood d | 2212 | | | 2227 | | | 2242 | | | 2257 | 2312 | |
| Shenfield a | 2218 | 2202 | 2211 | 2233 | 2218 | 2224 | 2248 | 2238 | 2240 | 2303 | 2318 | 2302 |

| | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | | |
|-------------------------------|------|------|------|------|------|------|------|------|------|------|------|------|
| London Liverpool St. d | 2245 | 2250 | 2302 | 2305 | 2315 | 2318 | 2320 | 2335 | 2345 | 2348 | 2350 | 0001 |
| Stratford DLR d | 2252 | 2257 | 2309 | 2312 | 2322 | 2325 | 2327 | 2342 | 2352 | 2355 | 2357 | 0008 |
| Maryland..... d | | 2259 | | 2314 | | | 2329 | 2344 | | | 2359 | 0010 |
| Forest Gate..... d | | 2301 | | 2316 | | | 2331 | 2346 | | | 0001 | 0012 |
| Manor Park..... d | | 2303 | | 2318 | | | 2333 | 2348 | | | 0003 | 0014 |
| Ilford..... d | | 2306 | | 2321 | | | 2336 | 2351 | | | 0006 | 0017 |
| Seven Kings..... d | | 2308 | | 2323 | | | 2338 | 2353 | | | 0008 | 0019 |
| Goodmayes..... d | | 2310 | | 2325 | | | 2340 | 2355 | | | 0010 | 0021 |
| Chadwell Heath..... d | | 2312 | | 2327 | | | 2342 | 2357 | | | 0012 | 0023 |
| Romford..... d | | 2316 | | 2331 | | | 2346 | 0002 | | | 0016 | 0027 |
| Gidea Park..... d | | 2320 | | 2335 | | | 2350 | 0005 | | | 0020 | 0031 |
| Harold Wood..... d | | 2323 | | 2338 | | | 2353 | 0008 | | | 0023 | |
| Brentwood d | | 2327 | | 2342 | | | 2357 | 0012 | | | 0027 | |
| Shenfield a | 2308 | 2333 | 2324 | 2348 | 2338 | 2340 | 0003 | 0018 | 0008 | 0010 | 0033 | |

| | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | | |
|-------------------------------|------|------|------|------|------|------|---|---|---|---|--|--|
| London Liverpool St. d | 0015 | 0018 | 0020 | 0032 | 0050 | 0055 | | | | | | |
| Stratford DLR d | 0022 | 0025 | 0027 | 0039 | 0057 | 0102 | | | | | | |
| Maryland..... d | | | 0029 | 0041 | | 0104 | | | | | | |
| Forest Gate..... d | | | 0031 | 0043 | | 0106 | | | | | | |
| Manor Park..... d | | | 0033 | 0045 | | 0108 | | | | | | |
| Ilford..... d | | | 0036 | 0048 | | 0111 | | | | | | |
| Seven Kings..... d | | | 0038 | 0050 | | 0113 | | | | | | |
| Goodmayes..... d | | | 0040 | 0052 | | 0115 | | | | | | |
| Chadwell Heath..... d | | | 0042 | 0054 | | 0117 | | | | | | |
| Romford..... d | 0032 | | 0046 | 0058 | 0108 | 0121 | | | | | | |
| Gidea Park..... d | | | 0050 | 0102 | | 0125 | | | | | | |
| Harold Wood..... d | | | 0053 | | | 0128 | | | | | | |
| Brentwood d | | | 0057 | | | 0132 | | | | | | |
| Shenfield a | 0044 | 0047 | 0103 | | 0120 | 0138 | | | | | | |

London Liverpool Street to Shenfield



Sundays

| | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | |
|-------------------------------|------|------|------|------|------|------|------|------|------|------|------|------|
| London Liverpool St. d | 0635 | 0705 | 0715 | 0735 | 0745 | 0802 | 0805 | 0815 | 0832 | 0835 | 0845 | 0847 |
| Stratford DLR d | 0642 | 0712 | 0722 | 0742 | 0752 | 0809 | 0812 | 0822 | 0839 | 0842 | 0852 | 0854 |
| Maryland..... d | 0643 | 0713 | | 0743 | | | 0813 | | | 0843 | | |
| Forest Gate..... d | 0645 | 0715 | | 0745 | | | 0815 | | | 0845 | | 0857 |
| Manor Park..... d | 0647 | 0717 | | 0747 | | | 0817 | | | 0847 | | 0859 |
| Ilford..... d | 0650 | 0720 | | 0750 | | | 0820 | | | 0850 | | 0902 |
| Seven Kings..... d | 0653 | 0723 | | 0753 | | | 0823 | | | 0853 | | 0904 |
| Goodmayes..... d | 0655 | 0725 | | 0755 | | | 0825 | | | 0855 | | 0906 |
| Chadwell Heath..... d | 0657 | 0727 | | 0757 | | | 0827 | | | 0857 | | 0908 |
| Romford..... d | 0700 | 0730 | 0733 | 0800 | 0803 | | 0830 | 0833 | | 0900 | 0903 | 0912 |
| Gidea Park..... d | 0704 | 0734 | 0737 | 0804 | 0807 | | 0834 | 0837 | | 0904 | 0907 | 0917 |
| Harold Wood..... d | 0707 | 0737 | 0740 | 0807 | 0810 | | 0837 | 0840 | | 0907 | 0910 | |
| Brentwood d | 0711 | 0741 | 0744 | 0811 | 0814 | | 0841 | 0844 | | 0911 | 0914 | |
| Shenfield a | 0718 | 0748 | 0750 | 0818 | 0820 | 0830 | 0848 | 0850 | 0900 | 0918 | 0920 | |

| | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | | | |
|-------------------------------|------|------|------|------|------|------|------|------|-------|------|------|------|------|
| London Liverpool St. d | 0902 | 0905 | 0915 | 0917 | 0932 | 0935 | 0945 | 0947 | | 2002 | 2005 | 2015 | |
| Stratford DLR d | 0909 | 0912 | 0922 | 0924 | 0939 | 0942 | 0952 | 0954 | | 2009 | 2012 | 2022 | |
| Maryland..... d | | 0913 | | | | 0943 | | | | | 2013 | | |
| Forest Gate..... d | | 0915 | | 0927 | | 0945 | | 0957 | then | | 2015 | | |
| Manor Park..... d | | 0917 | | 0929 | | 0947 | | 0959 | at | | 2017 | | |
| Ilford..... d | | 0920 | | 0932 | | 0950 | | 1002 | the | | 2020 | | |
| Seven Kings..... d | | 0923 | | 0934 | | 0953 | | 1004 | same | | 2023 | | |
| Goodmayes..... d | | 0925 | | 0936 | | 0955 | | 1006 | mins | | 2025 | | |
| Chadwell Heath..... d | | 0927 | | 0938 | | 0957 | | 1008 | past | | 2027 | | |
| Romford..... d | | 0930 | 0933 | 0942 | | 1000 | 1003 | 1012 | each | | 2030 | 2033 | |
| Gidea Park..... d | | 0934 | 0937 | 0947 | | 1004 | 1007 | 1017 | hour | | 2034 | 2037 | |
| Harold Wood..... d | | 0937 | 0940 | | | 1007 | 1010 | | until | | 2037 | 2040 | |
| Brentwood d | | 0941 | 0944 | | | 1011 | 1014 | | | | 2041 | 2044 | |
| Shenfield a | | 0930 | 0948 | 0950 | | 1000 | 1018 | 1020 | | | 2030 | 2048 | 2050 |

| | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | | |
|-------------------------------|------|------|------|------|------|------|------|------|------|------|------|------|
| London Liverpool St. d | 2017 | 2032 | 2035 | 2045 | 2047 | 2100 | 2102 | 2105 | 2115 | 2117 | 2132 | 2135 |
| Stratford DLR d | 2024 | 2039 | 2042 | 2052 | 2054 | | 2109 | 2112 | 2122 | 2124 | 2139 | 2142 |
| Maryland..... d | | | 2043 | | | | | 2113 | | | | 2143 |
| Forest Gate..... d | 2027 | | 2045 | | 2057 | | | 2115 | | 2127 | | 2145 |
| Manor Park..... d | 2029 | | 2047 | | 2059 | | | 2117 | | 2129 | | 2147 |
| Ilford..... d | 2032 | | 2050 | | 2102 | | | 2120 | | 2132 | | 2150 |
| Seven Kings..... d | 2034 | | 2053 | | 2104 | | | 2123 | | 2134 | | 2153 |
| Goodmayes..... d | 2036 | | 2055 | | 2106 | | | 2125 | | 2136 | | 2155 |
| Chadwell Heath..... d | 2038 | | 2057 | | 2108 | | | 2127 | | 2138 | | 2157 |
| Romford..... d | 2042 | | 2100 | 2103 | 2112 | | | 2130 | 2133 | 2142 | | 2200 |
| Gidea Park..... d | 2047 | | 2104 | 2107 | 2117 | | | 2134 | 2137 | 2147 | | 2204 |
| Harold Wood..... d | | | 2107 | 2110 | | | | 2137 | 2140 | | | 2207 |
| Brentwood d | | | 2111 | 2114 | | | | 2141 | 2144 | | | 2211 |
| Shenfield a | | 2100 | 2118 | 2120 | | 2127 | 2130 | 2148 | 2150 | | 2200 | 2218 |

| | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | | |
|-------------------------------|------|------|------|------|------|------|------|------|------|------|------|------|
| London Liverpool St. d | 2145 | 2147 | 2202 | 2205 | 2215 | 2217 | 2232 | 2235 | 2245 | 2302 | 2305 | 2315 |
| Stratford DLR d | 2152 | 2154 | 2209 | 2212 | 2222 | 2224 | 2239 | 2242 | 2252 | 2309 | 2312 | 2322 |
| Maryland..... d | | | | 2213 | | | | 2243 | | | 2313 | |
| Forest Gate..... d | | 2157 | | 2215 | | 2227 | | 2245 | | | 2315 | |
| Manor Park..... d | | 2159 | | 2217 | | 2229 | | 2247 | | | 2317 | |
| Ilford..... d | | 2202 | | 2220 | | 2232 | | 2250 | | | 2320 | |
| Seven Kings..... d | | 2204 | | 2223 | | 2234 | | 2253 | | | 2323 | |
| Goodmayes..... d | | 2206 | | 2225 | | 2236 | | 2255 | | | 2325 | |
| Chadwell Heath..... d | | 2208 | | 2227 | | 2238 | | 2257 | | | 2327 | |
| Romford..... d | 2203 | 2212 | | 2230 | 2233 | 2242 | | 2300 | 2303 | | 2330 | 2333 |
| Gidea Park..... d | 2207 | 2217 | | 2234 | 2237 | 2247 | | 2304 | 2307 | | 2334 | 2337 |
| Harold Wood..... d | 2210 | | | 2237 | 2240 | | | 2307 | 2310 | | 2337 | 2340 |
| Brentwood d | 2214 | | | 2241 | 2244 | | | 2311 | 2314 | | 2341 | 2344 |
| Shenfield a | 2220 | | 2230 | 2248 | 2250 | | 2300 | 2318 | 2320 | 2330 | 2348 | 2350 |

London Liverpool Street to Shenfield







Sundays

| | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | |
|-------------------------------|------|------|------|------|------|------|------|------|------|
| London Liverpool St. d | 2332 | 2335 | 2345 | 0002 | 0005 | 0015 | 0035 | 0045 | 0055 |
| Stratford DLR d | 2339 | 2342 | 2352 | 0009 | 0012 | 0022 | 0042 | 0052 | 0102 |
| Maryland..... d | | 2343 | | | 0013 | | 0043 | | 0104 |
| Forest Gate..... d | | 2345 | | | 0015 | | 0045 | | 0106 |
| Manor Park..... d | | 2347 | | | 0017 | | 0047 | | 0108 |
| Ilford..... d | | 2350 | | | 0020 | | 0050 | | 0111 |
| Seven Kings..... d | | 2353 | | | 0023 | | 0053 | | 0113 |
| Goodmayes..... d | | 2355 | | | 0025 | | 0055 | | 0115 |
| Chadwell Heath..... d | | 2357 | | | 0027 | | 0057 | | 0117 |
| Romford..... d | | 2358 | 0003 | | 0030 | 0033 | 0100 | 0103 | 0121 |
| Gidea Park..... d | | 0004 | 0007 | | 0036 | 0037 | 0106 | 0107 | 0125 |
| Harold Wood..... d | | 0007 | 0010 | | | 0040 | | 0110 | 0128 |
| Brentwood d | | 0011 | 0014 | | | 0044 | | 0114 | 0132 |
| Shenfield a | 2359 | 0018 | 0020 | 0030 | | 0050 | | 0120 | 0138 |

Route improvement work

At weekends and occasionally late in the evening during the week, route improvements may have to be carried out. Fully updated information is available in advance on our website at nationalexpress.com/alterations

Timetable key

- a Arrival time
- b Arrives 0530
- d Departure time
- s Stops to set down only
- c2c Journey operated by c2c
-  Train from London divides
-  Seat reservations possible
- 1** First Class accommodation available
-  Interchange with London Underground
- DLR** Interchange with Docklands Light Railway
-  PlusBus operates from this station

Times in *italics* are connecting train services with one change of train; other connections may be available with further changes

The timetables are striped to help you read them. There is no meaning to the stripes.